



Roasted Vegetable Pasta Primavera

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup tomatoes dried cut into 1/4-inch-wide strips 5 oz. total
- ☐ 6 cloves garlic peeled cut into quarters
- ☐ 0.5 pound green beans rinsed ends trimmed
- ☐ 9 ounces pasta fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 lb onion peeled sliced
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 2 tablespoons pinenuts

- ☐ 0.5 lb bell pepper red stemmed rinsed seeded cut into 3/4-inch-wide strips
- ☐ 2 roma tomatoes rinsed cut into quarters
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ In an 11- by 17-inch pan, mix oil with bell pepper, onion, and fresh tomatoes.
- ☐ Bake in a 425 regular or convection oven for 15 minutes.
- ☐ Add beans and garlic, mix, and bake until tomatoes are soft and well browned around edges, 25 to 30 minutes longer.
- ☐ Meanwhile, in a small bowl, pour 1/2 cup boiling water over dried tomatoes.
- ☐ Let stand, stirring occasionally, until tomatoes are soft, about 20 minutes.
- ☐ Also, in an 8- to 10-inch frying pan over medium heat, shake pine nuts frequently until pale gold, 1 to 2 minutes; pour from pan.
- ☐ When vegetables are almost done, bring about 3 quarts water to a boil in a 5- to 6-quart pan over high heat.
- ☐ When vegetables are done, add dried tomatoes and their soaking liquid to the pan. Stir to release browned bits in pan and keep mixture warm. At the same time, add the linguine to the boiling water and cook until pasta is barely tender to bite, 4 to 5 minutes.
- ☐ Drain pasta and pour into roasting pan; mix well, lifting with 2 forks.
- ☐ Add pine nuts and 1/2 cup cheese, mix, and spoon pasta into wide bowls.
- ☐ Add more cheese and salt to taste.

Nutrition Facts



 PROTEIN **15.62%**  FAT **29.37%**  CARBS **55.01%**

Properties

Glycemic Index:68, Glycemic Load:24.84, Inflammation Score:-10, Nutrition Score:30.830434628155%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

Nutrients (% of daily need)

Calories: 508.44kcal (25.42%), Fat: 17.07g (26.26%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 71.92g (23.97%), Net Carbohydrates: 63.85g (23.22%), Sugar: 14.7g (16.33%), Cholesterol: 12.75mg (4.25%), Sodium: 523.2mg (22.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.85%), Vitamin C: 94.77mg (114.87%), Manganese: 1.65mg (82.64%), Selenium: 46.64µg (66.63%), Vitamin A: 2694.3IU (53.89%), Vitamin K: 43.12µg (41.06%), Phosphorus: 395.44mg (39.54%), Fiber: 8.07g (32.28%), Potassium: 1074.64mg (30.7%), Calcium: 300.74mg (30.07%), Magnesium: 112.47mg (28.12%), Copper: 0.55mg (27.72%), Vitamin B6: 0.55mg (27.58%), Folate: 84.19µg (21.05%), Iron: 3.66mg (20.32%), Vitamin E: 2.9mg (19.32%), Vitamin B3: 3.85mg (19.26%), Vitamin B1: 0.28mg (18.61%), Vitamin B2: 0.31mg (18.38%), Zinc: 2.49mg (16.61%), Vitamin B5: 1.09mg (10.94%), Vitamin B12: 0.22µg (3.75%)