



Roasted Veggie Pasta

 Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound asparagus fresh
- 0.3 pound crimini mushrooms sliced
- 0.5 teaspoon rosemary leaves fresh chopped
- 8 ounces soup noodles dry
- 2 tablespoons olive oil
- 0.5 teaspoon oregano fresh chopped
- 0.3 cup parmesan cheese grated
- 2 bell pepper red sliced

- 10 cloves roasted garlic chopped
- 0.5 tomatoes quartered

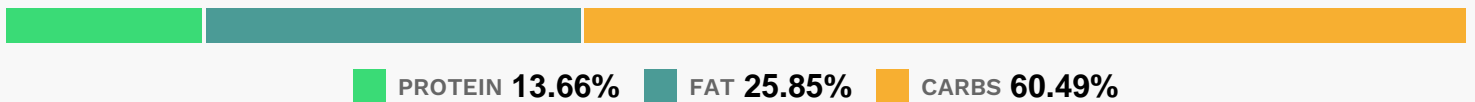
Equipment

- oven
- pot
- roasting pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare asparagus by trimming woody base and cutting diagonally into 4 inch pieces.
- In a roasting pan, combine asparagus, bell pepper, mushrooms, roasted garlic and tomato.
- Sprinkle with rosemary and oregano, then drizzle with olive oil.
- Bake in preheated oven for 15 minutes.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with Parmesan cheese, tapenade and roasted vegetables.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:25.05, Inflammation Score:-10, Nutrition Score:27.919130377148%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 454.06kcal (22.7%), Fat: 13.24g (20.36%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 69.7g (23.23%), Net Carbohydrates: 63.99g (23.27%), Sugar: 7.37g (8.19%), Cholesterol: 7.25mg (2.42%), Sodium: 159.57mg (6.94%), Alcohol: Og (100%), Protein: 15.73g (31.47%), Vitamin C: 109.6mg (132.85%), Selenium: 62.91µg (89.87%), Vitamin A: 3019.6IU (60.39%), Manganese: 1.11mg (55.5%), Phosphorus: 302.08mg (30.21%), Vitamin B6: 0.56mg (28.24%), Vitamin K: 29.31µg (27.91%), Copper: 0.54mg (26.99%), Vitamin B2: 0.4mg (23.34%), Fiber: 5.71g (22.82%), Vitamin E: 3.33mg (22.22%), Folate: 83.89µg (20.97%), Vitamin B3: 4.08mg (20.41%), Potassium: 690.1mg (19.72%), Magnesium: 66.87mg (16.72%), Zinc: 2.4mg (16.03%), Vitamin B1: 0.23mg (15.42%), Iron: 2.72mg (15.13%), Calcium: 136.59mg (13.66%), Vitamin B5: 1.36mg (13.56%), Vitamin B12: 0.15µg (2.5%)