



Sicilian Pasta Pie

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

Ingredients

- ☐ 0.5 cup julienne-cut bell pepper red (2 x)
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 cups cherry tomatoes quartered
- ☐ 6 cups pasta hot cooked uncooked (10 ounces pasta)
- ☐ 0.3 cup cooking wine dry red
- ☐ 4 garlic cloves minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 3 tablespoons kalamata olives pitted chopped

- ☐ 2 teaspoons olive oil divided
- ☐ 2 cups onion thinly sliced
- ☐ 2 tablespoons sun-dried tomato sprinkles

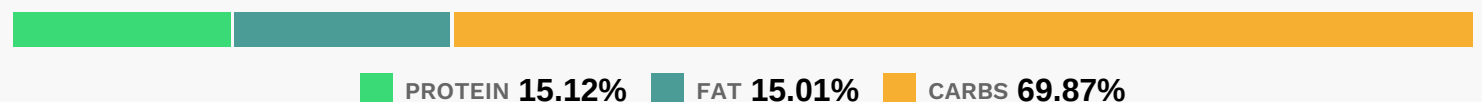
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat 1 teaspoon oil in a nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion, and saut 3 minutes.
- ☐ Add bell pepper and garlic; saut 5 minutes.
- ☐ Add cherry tomato; saut 2 minutes.
- ☐ Add wine, olives, tomato sprinkles, black pepper, and diced tomatoes; reduce heat, and simmer 5 minutes.
- ☐ Combine tomato mixture and pasta in a bowl; toss to coat.
- ☐ Preheat oven to 35
- ☐ Wipe skillet with paper towels; recoat with cooking spray and 1 teaspoon oil. Arrange cheese in skillet; top with pasta mixture. Cover in foil coated with cooking spray, pressing firmly to pack. Wrap handle of skillet with foil; bake at 350 for 30 minutes.
- ☐ Remove from oven, and let stand for 10 minutes.
- ☐ Place a large plate upside down on top of skillet; invert onto plate.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:23.51, Inflammation Score:-8, Nutrition Score:16.327391181303%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 342.85kcal (17.14%), Fat: 5.69g (8.75%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 53.7g (19.53%), Sugar: 8.6g (9.55%), Cholesterol: 4.35mg (1.45%), Sodium: 199.32mg (8.67%), Alcohol: 1.05g (100%), Alcohol %: 0.37% (100%), Protein: 12.88g (25.77%), Selenium: 39.9µg (57%), Vitamin C: 38.74mg (46.96%), Manganese: 0.81mg (40.57%), Fiber: 5.83g (23.31%), Copper: 0.44mg (21.76%), Iron: 3.65mg (20.28%), Vitamin B6: 0.37mg (18.43%), Vitamin A: 908.54IU (18.17%), Phosphorus: 172.1mg (17.21%), Potassium: 547.32mg (15.64%), Magnesium: 56.92mg (14.23%), Vitamin E: 1.79mg (11.95%), Folate: 43.82µg (10.95%), Vitamin B3: 2.08mg (10.4%), Vitamin B1: 0.15mg (9.99%), Vitamin B2: 0.15mg (8.66%), Zinc: 1.26mg (8.41%), Vitamin K: 7.76µg (7.39%), Calcium: 73.19mg (7.32%), Vitamin B5: 0.63mg (6.35%)