



Slow-Roasted Tomato Pasta

READY IN



272 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons torn basil fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 12 ounces fettuccine barilla uncooked
- ☐ 2.3 teaspoons kosher salt divided
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 3 ounces parmigiano-reggiano cheese fresh shaved
- ☐ 3 pounds plum tomatoes cored halved lengthwise
- ☐ 6 garlic cloves whole peeled

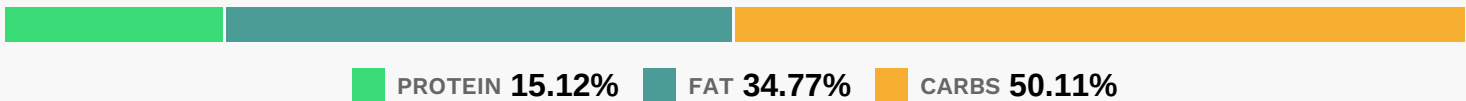
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 22
- ☐ Place tomatoes on a jelly-roll pan; sprinkle with 2 tablespoons oil, 3/4 teaspoon salt, and black pepper.
- ☐ Bake for 4 hours.
- ☐ Heat a large skillet over low heat.
- ☐ Add 2 tablespoons oil and garlic; cook 10 minutes, stirring occasionally.
- ☐ Remove garlic, and chop.
- ☐ Combine garlic, tomatoes, and red pepper in pan.
- ☐ Cook pasta in boiling water with 1 1/2 teaspoons salt for 8 minutes or until almost al dente.
- ☐ Drain pasta, reserving 3/4 cup cooking liquid. Increase heat to medium-high under tomato mixture, and stir in reserved cooking liquid. Bring to a boil. Cook 3 minutes.
- ☐ Add pasta; cook for 1 minute, tossing to combine.
- ☐ Remove from heat; sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:19.7, Inflammation Score:-9, Nutrition Score:20.194782562878%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 398.82kcal (19.94%), Fat: 15.67g (24.11%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 46.08g (16.76%), Sugar: 7.18g (7.98%), Cholesterol: 57.27mg (19.09%), Sodium: 1124.49mg (48.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.67%), Selenium: 48.32µg (69.03%), Vitamin A: 2113.25IU (42.27%), Manganese: 0.82mg (41.1%), Vitamin C: 32.19mg (39.02%), Phosphorus: 294.98mg (29.5%), Vitamin K: 28.28µg (26.94%), Calcium: 218.83mg (21.88%), Potassium: 706.88mg (20.2%), Fiber: 4.72g (18.89%), Vitamin E: 2.8mg (18.7%), Vitamin B6: 0.36mg (17.88%), Magnesium: 65.75mg (16.44%), Copper: 0.32mg (16.11%), Vitamin B3: 2.62mg (13.08%), Folate: 52.26µg (13.07%), Vitamin B1: 0.19mg (12.83%), Zinc: 1.91mg (12.76%), Iron: 1.97mg (10.94%), Vitamin B2: 0.15mg (8.6%), Vitamin B5: 0.81mg (8.05%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.24µg (1.61%)