



WHATSheATE



HEALTH SCORE

96%

Sweet pepper pasta



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



350 g rotini pasta



2 tsp olive oil



1 large onion roughly chopped



2 garlic clove crushed



375 g pasilla peppers sweet sliced



85 g watercress

Equipment



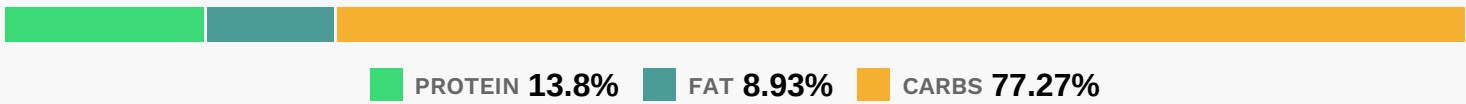
food processor

☐ frying pan

Directions

- ☐ Cook the pasta according to pack instructions.
- ☐ Meanwhile, heat the oil in a large pan, then fry the onion over a medium-high heat for 5-6 mins, stirring occasionally, until golden and softened. Stir in the garlic and cook for a further 2-3 mins.
- ☐ Drain the peppers, reserving their juice, then stir into the onion. Cook for 2-3 mins to heat through. Blitz the mixture in a food processor, with 75ml/2fl oz reserved juice from the peppers and 75ml/2fl oz cooking liquid from the pasta, to make a chunky sauce.
- ☐ Drain the pasta and return it to the pan.
- ☐ Add the pepper mixture, then season to taste. Toss with the rocket or watercress while still hot, so it just begins to wilt, then serve.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:27.51, Inflammation Score:-8, Nutrition Score:21.582173865774%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg

Nutrients (% of daily need)

Calories: 382.84kcal (19.14%), Fat: 3.8g (5.84%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 68.79g (25.01%), Sugar: 6.23g (6.93%), Cholesterol: 0mg (0%), Sodium: 18.58mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.43%), Vitamin C: 87.76mg (106.37%), Selenium: 55.89µg (79.85%), Vitamin K: 61.68µg (58.74%), Manganese: 1.04mg (52.1%), Vitamin B6: 0.43mg (21.26%), Phosphorus: 210.04mg (21%), Fiber: 5.17g (20.68%), Vitamin A: 1025.85IU (20.52%), Copper: 0.35mg (17.51%), Magnesium: 64.34mg (16.08%), Potassium: 490.1mg (14%), Vitamin B1: 0.17mg (11.44%), Vitamin B3: 2.03mg (10.17%), Zinc: 1.46mg (9.73%), Iron: 1.62mg (8.98%), Folate: 34.21µg (8.55%), Vitamin B2: 0.12mg (6.82%), Vitamin E: 0.99mg (6.59%), Calcium: 64.61mg (6.46%), Vitamin B5: 0.59mg (5.91%)