



Sweet Pepper Pasta Toss

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons capers
- 16 ounce fettuccine barilla uncooked
- 0.7 cup parsley fresh chopped
- 10 cloves garlic halved
- 8 ounces goat cheese crumbled
- 8 servings pepper black to taste
- 2 tablespoons olive oil
- 0.5 cup parmesan shredded
- 1 pint pasilla peppers sweet red yellow chopped

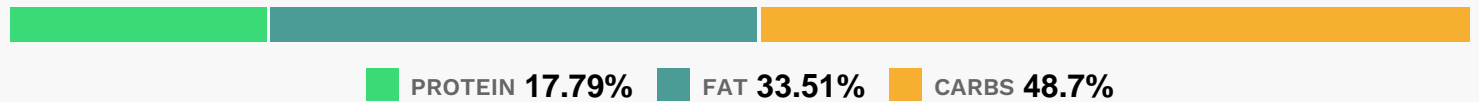
Equipment

- bowl
- baking sheet
- oven
- pot
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- Arrange peppers and garlic on the baking sheet and drizzle with olive oil. Roast 30 minutes in the preheated oven, or until soft and lightly browned.
- 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.
- In a large bowl, toss cooked pasta with peppers, garlic, parsley, goat cheese and capers. Season with salt and pepper and sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:17.59, Inflammation Score:-8, Nutrition Score:20.868260798247%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 367.93kcal (18.4%), Fat: 13.79g (21.21%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 41.87g (15.22%), Sugar: 2.88g (3.2%), Cholesterol: 64.92mg (21.64%), Sodium: 277.04mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.93%), Vitamin K: 90.1µg (85.81%), Selenium:

47.45µg (67.78%), Vitamin C: 55.46mg (67.22%), Manganese: 0.67mg (33.58%), Phosphorus: 273.42mg (27.34%), Copper: 0.44mg (22.22%), Vitamin A: 1020.5IU (20.41%), Vitamin B6: 0.38mg (19.16%), Calcium: 154.41mg (15.44%), Fiber: 3.21g (12.84%), Iron: 2.3mg (12.8%), Magnesium: 50.35mg (12.59%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.7mg (11.35%), Vitamin B1: 0.16mg (10.98%), Vitamin B3: 1.72mg (8.6%), Folate: 34.39µg (8.6%), Potassium: 299.88mg (8.57%), Vitamin B5: 0.84mg (8.41%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.31µg (2.1%)