



WHATSheATE



HEALTH SCORE

58%

Tomato & mascarpone pasta bake

READY IN



95 min.

SERVINGS



4

CALORIES



795 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 kg tomatoes halved
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 tsp oregano dried
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 3 garlic clove crushed
- ☐ 4 tbsp mascarpone cheese
- ☐ 1 small bunch basil chopped
- ☐ 500 g penne pasta

- ☐ 125 g mozzarella cheese
- ☐ 50 g parmesan grated (or vegetarian alternative)

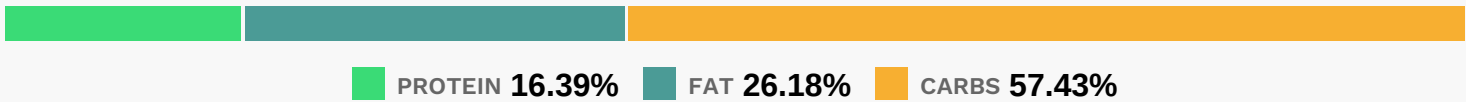
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ immersion blender
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Place the tomatoes, cut-side up, in a roasting dish and drizzle with the vinegar, oregano and some seasoning. Roast for 1 hr until soft.
- ☐ Heat the oil in a saucepan, then cook the onion for 5 mins until soft.
- ☐ Add the garlic and cook for 1 min more. When the tomatoes are ready, tip into the pan with the stock. Simmer for 5 mins, then add the mascarpone.
- ☐ Remove from the heat and blitz with a hand blender until smooth.
- ☐ Meanwhile, cook the pasta following pack instructions, drain and set aside in a colander.
- ☐ Heat grill to High. Season the sauce and stir in the basil and pasta.
- ☐ Mix, then tip into an ovenproof dish and cover with the cheese. Grill for a few mins until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:43.13, Inflammation Score:-10, Nutrition Score:34.674782628598%

Flavonoids

Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 795.48kcal (39.77%), Fat: 23.17g (35.65%), Saturated Fat: 11.32g (70.73%), Carbohydrates: 114.35g (38.12%), Net Carbohydrates: 105.11g (38.22%), Sugar: 16.03g (17.81%), Cholesterol: 48.19mg (16.06%), Sodium: 434.27mg (18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.64g (65.27%), Selenium: 87.61µg (125.15%), Manganese: 1.71mg (85.73%), Vitamin A: 3756.53IU (75.13%), Vitamin C: 54.48mg (66.04%), Phosphorus: 538.35mg (53.83%), Vitamin K: 44.03µg (41.94%), Calcium: 413.88mg (41.39%), Fiber: 9.24g (36.95%), Potassium: 1272.49mg (36.36%), Magnesium: 126.02mg (31.5%), Copper: 0.62mg (31%), Vitamin B6: 0.57mg (28.46%), Zinc: 3.76mg (25.09%), Vitamin B3: 4.51mg (22.53%), Folate: 89.53µg (22.38%), Vitamin E: 2.86mg (19.06%), Vitamin B1: 0.28mg (18.94%), Iron: 3.28mg (18.22%), Vitamin B2: 0.29mg (17.06%), Vitamin B12: 0.86µg (14.37%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 0.19µg (1.25%)