



White Fiber Mini Penne with Sweet Peppers and Parmigiano-Reggiano

READY IN



20 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup vegetarian broth
- 4 tablespoons olive oil extra virgin
- 6 leaves basil fresh finely chopped
- 0.5 cup parmigiano-reggiano cheese grated
- 12 ounce barilla fiber penne white mini
- 1 bell pepper red
- 6 servings salt and pepper to taste
- 1 bell pepper yellow

1 onion yellow chopped

Equipment

frying pan

pot

Directions

Bring a large pot of water to boil; season water with salt to taste (optional).

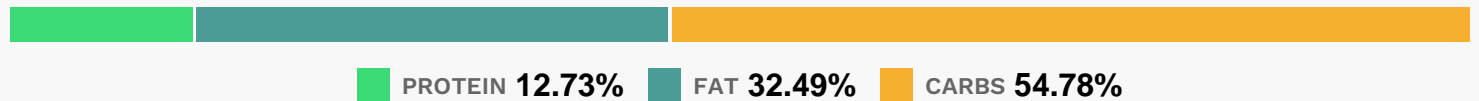
In a large skillet, gently saute chopped onions in olive oil for five minutes over medium heat.

Meanwhile dice the peppers into 1/2 inch squares, add to the skillet and saute for three minutes over medium heat. Season with salt, pepper and add the broth. Keep cooking until sauce is reduced.

Meanwhile cook pasta according to package directions, drain and toss with the sauce.

Stir in chopped basil and cheese before serving.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:17.95, Inflammation Score:-7, Nutrition Score:13.914782530588%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 345.45kcal (17.27%), Fat: 12.46g (19.18%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 44.55g (16.2%), Sugar: 3.53g (3.92%), Cholesterol: 5.67mg (1.89%), Sodium: 489.49mg (21.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.97%), Vitamin C: 63.23mg (76.64%), Selenium: 37.88µg (54.12%), Manganese: 0.6mg (29.85%), Phosphorus: 180.51mg (18.05%), Vitamin A: 835.9IU (16.72%), Calcium: 119.46mg (11.95%), Vitamin E: 1.75mg (11.64%), Fiber: 2.73g (10.92%), Magnesium: 40.64mg (10.16%), Vitamin B6: 0.2mg (10.1%), Copper: 0.2mg (10.02%), Vitamin K: 8.94µg (8.51%), Zinc: 1.15mg (7.65%),

Folate: 28.89µg (7.22%), Potassium: 246.38mg (7.04%), Vitamin B3: 1.38mg (6.91%), Iron: 1.09mg (6.06%), Vitamin B1: 0.08mg (5.28%), Vitamin B2: 0.09mg (5.23%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.1µg (1.67%)