



Whole Wheat Fettuccine with Roasted Tomatoes, Peas and Fresh Mozzarella

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 pound brown rice fettuccine pasta whole wheat
- 28 ounce canned tomatoes whole peeled canned
- 10 ounces cherry tomatoes
- 0.3 cup basil fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 2 cloves garlic peeled

- 0.5 teaspoon kosher salt
- 6 servings kosher salt
- 8 ounce mozzarella cheese fresh diced drained
- 2 teaspoons olive oil extra-virgin
- 1 cup peas frozen thawed
- 0.5 teaspoon pepper flakes red crushed
- 0.5 cup red wine such as pinot noir

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- pot
- blender

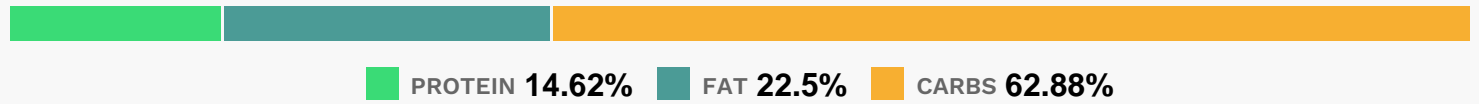
Directions

- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray, and set aside.
- Toss the tomatoes, oil and salt together. Arrange the tomatoes in a single layer on the prepared baking sheet. Roast until the skins blister and turn dark brown in places, 20 minutes. Set aside to cool.
- For the fettuccine: Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain and place in a large serving bowl.
- In a blender, combine the red wine, 1 teaspoon salt, the red pepper flakes, black pepper, garlic, canned tomatoes (plus juices). Blend until smooth.
- Pour the mixture into a medium saucepan and bring to a simmer over medium heat.

Add the thyme and cook, stirring occasionally, until the sauce has thickened slightly, 20 minutes.

Toss together the pasta, tomato sauce, roasted tomatoes, peas and chopped basil. Arrange the cheese on top and serve.

Nutrition Facts



Properties

Glycemic Index:54.47, Glycemic Load:35.75, Inflammation Score:-10, Nutrition Score:14.72217383592%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 466.92kcal (23.35%), Fat: 11.53g (17.74%), Saturated Fat: 5.89g (36.84%), Carbohydrates: 72.47g (24.16%), Net Carbohydrates: 63.57g (23.12%), Sugar: 7.46g (8.29%), Cholesterol: 29.86mg (9.95%), Sodium: 836.89mg (36.39%), Alcohol: 2.05g (100%), Alcohol %: 0.75% (100%), Protein: 16.86g (33.71%), Vitamin C: 37.03mg (44.89%), Fiber: 8.9g (35.59%), Calcium: 258.3mg (25.83%), Vitamin A: 1057.84IU (21.16%), Phosphorus: 203.79mg (20.38%), Manganese: 0.36mg (17.96%), Vitamin K: 18.82µg (17.93%), Iron: 2.65mg (14.71%), Vitamin B12: 0.86µg (14.36%), Vitamin B2: 0.24mg (13.94%), Potassium: 467.13mg (13.35%), Vitamin B6: 0.27mg (13.28%), Zinc: 1.73mg (11.53%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 1.54mg (10.24%), Copper: 0.2mg (9.93%), Magnesium: 39.72mg (9.93%), Folate: 37.14µg (9.29%), Vitamin B3: 1.82mg (9.1%), Vitamin B5: 0.32mg (3.18%), Vitamin D: 0.15µg (1.01%)