



Artichoke and Roasted Red Pepper Pasta

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup alfredo sauce reduced-fat
- 14 ounce artichoke hearts in water diced drained canned
- 0.5 cup chicken stock see
- 2 tablespoons basil fresh chopped
- 5 cloves garlic mashed
- 4 servings salt and ground pepper black to taste
- 0.5 cup curd cottage cheese reduced-fat
- 0.3 cup mushrooms diced

- 0.3 cup onion diced
- 1.5 cups penne pasta
- 0.5 cup roasted bell pepper diced red canned drained

Equipment

- frying pan
- oven
- pot
- casserole dish
- wooden spoon
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil. Cook penne pasta in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain.
- Heat a large skillet over medium heat. Cook and stir artichoke hearts, red bell pepper, onion, mushrooms, garlic, and basil in the hot skillet until the onions and mushrooms are completely tender, 15 to 20 minutes. Season the mixture with salt and black pepper.
- Pour chicken stock into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Reduce heat to low. Stir Alfredo sauce into the artichoke mixture.
- Spread cottage cheese into bottom of a casserole dish; pour Alfredo sauce mixture over the cottage cheese.
- Add penne pasta and stir. Cover casserole dish with aluminum foil.
- Bake in preheated oven until bubbly, 20 to 30 minutes.

Nutrition Facts



PROTEIN 17.96% **FAT 21.28%** **CARBS 60.76%**

Properties

Glycemic Index:58.25, Glycemic Load:13.36, Inflammation Score:-4, Nutrition Score:8.9617391092622%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 282.67kcal (14.13%), Fat: 6.49g (9.99%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 38.18g (13.88%), Sugar: 4.39g (4.88%), Cholesterol: 22.37mg (7.46%), Sodium: 976.05mg (42.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Selenium: 31.27µg (44.67%), Manganese: 0.52mg (26.18%), Phosphorus: 146.39mg (14.64%), Fiber: 3.51g (14.06%), Vitamin C: 10.7mg (12.97%), Copper: 0.22mg (10.79%), Vitamin B6: 0.2mg (10.06%), Vitamin B2: 0.14mg (8.44%), Vitamin B3: 1.66mg (8.32%), Magnesium: 30.7mg (7.67%), Potassium: 239.65mg (6.85%), Zinc: 0.89mg (5.95%), Iron: 0.96mg (5.36%), Vitamin B1: 0.08mg (5.29%), Folate: 19.99µg (5%), Calcium: 46.47mg (4.65%), Vitamin K: 4.56µg (4.34%), Vitamin B5: 0.41mg (4.11%), Vitamin A: 157.38IU (3.15%), Vitamin B12: 0.18µg (3.02%)