



Asiago Cheese & Spinach Pasta Toss

READY IN



20 min.

SERVINGS



20

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup polly-o asiago cheese shredded
- 3 cups fusilli pasta uncooked
- 2 cloves garlic minced
- 10 oz pkt spinach fresh
- 0.5 cup sun tomato vinaigrette dressing dried kraft
- 0.3 cup sun-dried tomatoes drained in oil

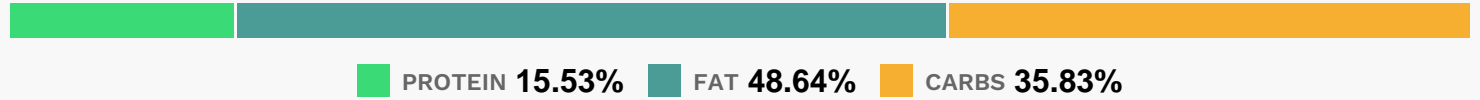
Equipment

- bowl

Directions

- Cook pasta as directed on package, adding tomatoes and spinach for the last min. of the pasta cooking time; drain.
- Place pasta in large bowl.
- Add reserved oil and remaining ingredients; toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:7.9360869235319%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 87.69kcal (4.38%), Fat: 4.81g (7.4%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.5g (0.55%), Cholesterol: 3.4mg (1.13%), Sodium: 95.61mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin K: 74.74µg (71.18%), Vitamin A: 1385.93IU (27.72%), Manganese: 0.22mg (11.11%), Selenium: 7.14µg (10.2%), Calcium: 76.31mg (7.63%), Folate: 29.79µg (7.45%), Vitamin C: 5.48mg (6.64%), Phosphorus: 61.03mg (6.1%), Magnesium: 19.36mg (4.84%), Vitamin E: 0.6mg (3.98%), Potassium: 126.99mg (3.63%), Iron: 0.58mg (3.24%), Vitamin B2: 0.05mg (3.2%), Fiber: 0.69g (2.74%), Copper: 0.05mg (2.67%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.32mg (1.61%)