



Baked Pasta Primavera Casserole

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Box penne rigate cooked drained
- 1 Jar pasta sauce world style
- 1 Bag savory vegetable frozen italian-style thawed
- 1 cup mozzarella cheese shredded

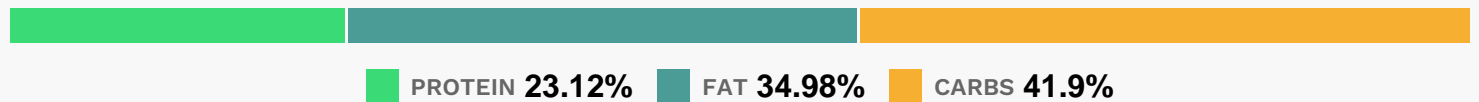
Equipment

- bowl
- oven

Directions

- Preheat oven to 35
- Combine Pasta Sauce, 1 cup mozzarella cheese and Parmesan cheese in large bowl. Stir in vegetables and hot ziti.
- Spoon pasta mixture into 2-1/2-quart casserole; sprinkle with remaining 1 cup mozzarella cheese.
- Bake uncovered 30 minutes or until heated through.
- Cost per recipe*: \$32
- Cost per serving*: \$72
- *Based on average retail prices at national supermarkets.
- Calories 380, Calories From Fat 120, Saturated Fat 7g, Trans Fat 0g, Total Fat 13g, Cholesterol 35mg, Sodium 950mg, Total Carbohydrate 45g, Sugars 8g, Dietary Fiber 6g, Protein 19g, Vitamin A 25%, Vitamin C 30%, Calcium 30%, Iron 15%

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:4.08, Inflammation Score:-9, Nutrition Score:10.602608794751%

Nutrients (% of daily need)

Calories: 113.65kcal (5.68%), Fat: 4.76g (7.32%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 9.24g (3.36%), Sugar: 4.23g (4.7%), Cholesterol: 14.75mg (4.92%), Sodium: 676.41mg (29.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin A: 3012.04IU (60.24%), Vitamin C: 12.84mg (15.56%), Fiber: 3.59g (14.36%), Potassium: 450.85mg (12.88%), Phosphorus: 124.61mg (12.46%), Calcium: 121.94mg (12.19%), Manganese: 0.24mg (12.12%), Vitamin E: 1.67mg (11.12%), Vitamin B2: 0.17mg (9.8%), Iron: 1.62mg (9%), Copper: 0.18mg (8.82%), Vitamin B3: 1.73mg (8.67%), Vitamin B6: 0.16mg (8.17%), Magnesium: 32.08mg (8.02%), Vitamin B12: 0.43µg (7.09%), Zinc: 1.01mg (6.72%), Folate: 25.2µg (6.3%), Vitamin B1: 0.09mg (6.03%), Selenium: 4.09µg (5.84%), Vitamin B5: 0.45mg (4.54%), Vitamin K: 3.6µg (3.43%)