



WHATSheATE



Baked Pasta with Spinach, Lemon, and Cheese

READY IN



93 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 tablespoon olive oil

- ☐ 4 cups onion chopped
- ☐ 0.8 cup panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 4 ounces parmesan divided grated
- ☐ 10 ounce soup noodles (short twisted spaghetti)
- ☐ 0.8 teaspoon salt

Equipment

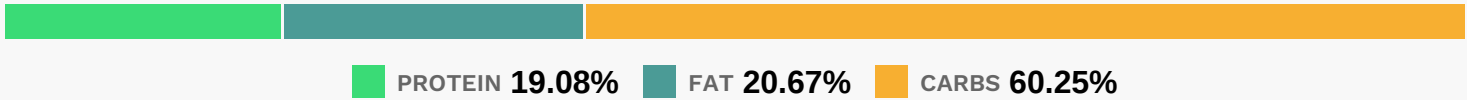
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta in boiling water for 8 minutes or until almost al dente, omitting salt and fat.
- ☐ Remove from heat; stir in spinach.
- ☐ Let stand for 2 minutes or until spinach wilts.
- ☐ Drain pasta mixture well.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add onion; cook 15 minutes or until golden brown, stirring frequently. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour and garlic; cook 1 minute, stirring constantly with a whisk. Gradually add milk and wine; cook 8 minutes or until sauce boils and thickens, stirring constantly. Stir in 3/4 cup cheese, salt, and rind.
- ☐ Remove from heat; stir in pepper.
- ☐ Add pasta mixture to onion mixture, and toss gently to coat.

- ☐
- Spoon the pasta mixture into a 13 x 9–inch glass or ceramic baking dish coated with cooking spray.
- ☐
- Sprinkle half of panko breadcrumbs over pasta, and top evenly with remaining 1/4 cup cheese.
- ☐
- Sprinkle the remaining half of panko breadcrumbs over cheese.
- ☐
- Bake at 350 for 50 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:19.82, Inflammation Score:–9, Nutrition Score:25.41086951546%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.63mg, Quercetin: 22.63mg, Quercetin: 22.63mg, Quercetin: 22.63mg

Nutrients (% of daily need)

Calories: 428.81kcal (21.44%), Fat: 9.53g (14.66%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 58.07g (21.12%), Sugar: 11.61g (12.9%), Cholesterol: 17.77mg (5.92%), Sodium: 714mg (31.04%), Alcohol: 2.06g (100%), Alcohol %: 0.78% (100%), Protein: 19.79g (39.58%), Vitamin K: 117.3µg (111.72%), Selenium: 40.92µg (58.45%), Vitamin A: 2558.89IU (51.18%), Manganese: 0.97mg (48.64%), Calcium: 426.5mg (42.65%), Phosphorus: 389.19mg (38.92%), Folate: 95.75µg (23.94%), Vitamin B2: 0.36mg (21.4%), Magnesium: 81.66mg (20.42%), Vitamin B1: 0.29mg (19.47%), Vitamin C: 15.26mg (18.5%), Vitamin B6: 0.36mg (18.21%), Fiber: 4.42g (17.66%), Potassium: 611.59mg (17.47%), Vitamin B12: 0.85µg (14.21%), Zinc: 2.11mg (14.07%), Iron: 2.36mg (13.1%), Copper: 0.25mg (12.59%), Vitamin B3: 2.1mg (10.52%), Vitamin B5: 0.88mg (8.79%), Vitamin D: 1.18µg (7.84%), Vitamin E: 0.96mg (6.42%)