



Baked Penne

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz philadelphia cream cheese spread
- 3 cups penne pasta cooked
- 0.5 lb extra-lean ground beef
- 1 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 0.5 cup onions and peppers green chopped
- 24 oz classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded divided kraft

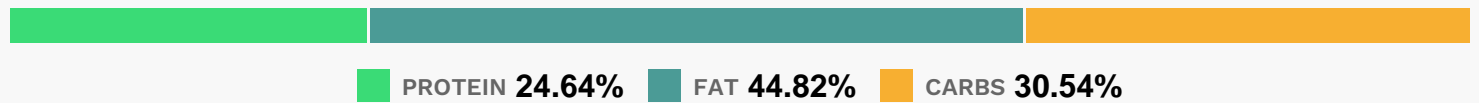
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Combine first 4 ingredients in medium bowl; set aside. Brown meat with vegetables in large nonstick skillet. Stir in pasta sauce, cream cheese mixture and 1/2 cup mozzarella; cook and stir 2 to 3 min. or until mozzarella is melted.
- Add pasta; mix lightly.
- Spoon into 2-qt. casserole; top with remaining mozzarella. Cover.
- Bake 20 min. or until heated through, uncovering after 15 min.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:2.3413043618202%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.09kcal (2.6%), Fat: 2.6g (4.01%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.06g (1.18%), Cholesterol: 10.67mg (3.56%), Sodium: 147.08mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Selenium: 3.75µg (5.36%), Vitamin C: 3.07mg (3.73%), Vitamin B12: 0.22µg (3.71%), Vitamin A: 177.5IU (3.55%), Phosphorus: 35.37mg (3.54%), Zinc: 0.51mg (3.42%), Calcium: 29.91mg (2.99%), Vitamin B3: 0.6mg (2.98%), Vitamin B6: 0.06mg (2.82%), Iron: 0.48mg (2.66%), Potassium: 92.51mg (2.64%), Manganese: 0.05mg (2.6%), Vitamin E: 0.33mg (2.18%), Vitamin B2: 0.04mg (2.1%), Fiber: 0.49g (1.96%), Copper: 0.04mg (1.86%), Magnesium: 6.82mg (1.7%), Vitamin B5: 0.12mg (1.21%), Vitamin K: 1.12µg (1.06%)