



Baked Penne Pasta Skillet

 Vegetarian

READY IN



50 min.

SERVINGS



5

CALORIES



653 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz alfredo sauce
- 24 oz tomatoes
- 1 lb penne pasta
- 8 oz mozzarella cheese shredded

Equipment

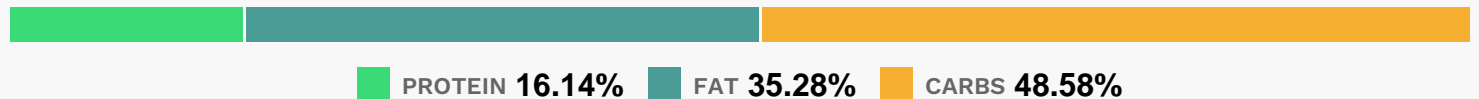
- bowl
- frying pan
- oven

dutch oven

Directions

- Heat oven to 350F. Lightly spray bottom of 12-inch cast-iron skillet with cooking spray.
- In stockpot or Dutch oven, cook pasta to al dente as directed on package.
- In large bowl, stir together both sauces and 1 cup of the cheese.
- Add cooked pasta; stir gently to combine.
- Pour into skillet.
- Bake 25 minutes.
- Sprinkle remaining cup of cheese over top; bake 5 to 7 minutes longer or until cheese is bubbly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:29.83, Inflammation Score:-7, Nutrition Score:19.86608677325%

Nutrients (% of daily need)

Calories: 653.29kcal (32.66%), Fat: 25.4g (39.08%), Saturated Fat: 13.01g (81.34%), Carbohydrates: 78.67g (26.22%), Net Carbohydrates: 73.73g (26.81%), Sugar: 9.05g (10.05%), Cholesterol: 89.77mg (29.92%), Sodium: 1487.41mg (64.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Selenium: 65.86µg (94.09%), Manganese: 0.99mg (49.55%), Phosphorus: 368.77mg (36.88%), Calcium: 267.17mg (26.72%), Copper: 0.42mg (21.18%), Fiber: 4.94g (19.78%), Magnesium: 77.56mg (19.39%), Zinc: 2.9mg (19.35%), Potassium: 640.93mg (18.31%), Vitamin A: 895.84IU (17.92%), Vitamin B12: 1.03µg (17.24%), Vitamin B2: 0.27mg (15.96%), Iron: 2.69mg (14.92%), Vitamin B3: 2.94mg (14.69%), Vitamin E: 2.15mg (14.3%), Vitamin B6: 0.28mg (13.95%), Vitamin C: 9.53mg (11.55%), Vitamin B5: 0.88mg (8.75%), Vitamin B1: 0.13mg (8.53%), Folate: 31.75µg (7.94%), Vitamin K: 4.94µg (4.71%), Vitamin D: 0.18µg (1.21%)