



Baked Vegetable Penne

READY IN



74 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped quartered canned
- ☐ 1 pound asparagus spears trimmed cut into 1-inch pieces
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons basil fresh chopped

- ☐ 1 garlic clove minced
- ☐ 2.5 cups milk 2% divided reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 3 cups penne pasta uncooked
- ☐ 6 ounces mozzarella and provolone cheese blend shredded
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 2 ounces pre-shredded parmesan cheese fresh
- ☐ 1 cup onion sweet chopped

Equipment

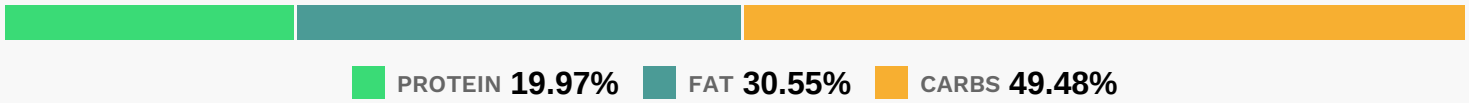
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add asparagus, mushrooms, bell pepper, and onion; saut 4 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add artichokes and sherry. Cook, stirring frequently, 3 minutes or until most of liquid evaporates. Stir in basil, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. .
- ☐ Combine 1/2 cup milk and flour; whisk until smooth.
- ☐ Combine flour mixture, 2 cups milk, and butter in a medium saucepan. Cook over medium heat, whisking constantly, 20 minutes or until thick and bubbly. Stir in Parmesan cheese, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Preheat oven to 35

Combine pasta, vegetables, and white sauce. Spoon into a 13 x 9-inch baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes. Uncover, sprinkle with cheese blend, and bake 7 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:10.45, Inflammation Score:-7, Nutrition Score:14.102608815483%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 261.01kcal (13.05%), Fat: 8.65g (13.3%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 28.71g (10.44%), Sugar: 5.94g (6.61%), Cholesterol: 19.44mg (6.48%), Sodium: 434.15mg (18.88%), Alcohol: 1.03g (100%), Alcohol %: 0.57% (100%), Protein: 12.72g (25.43%), Selenium: 28.93µg (41.33%), Phosphorus: 256.21mg (25.62%), Calcium: 246.98mg (24.7%), Vitamin C: 18.89mg (22.89%), Manganese: 0.42mg (21.17%), Vitamin B2: 0.34mg (20.21%), Vitamin A: 933.55IU (18.67%), Vitamin K: 19.21µg (18.3%), Copper: 0.27mg (13.6%), Folate: 47.57µg (11.89%), Zinc: 1.72mg (11.46%), Fiber: 2.79g (11.18%), Potassium: 371.57mg (10.62%), Vitamin B1: 0.15mg (10.33%), Vitamin B3: 1.96mg (9.78%), Vitamin B6: 0.19mg (9.6%), Magnesium: 38.03mg (9.51%), Iron: 1.64mg (9.09%), Vitamin B12: 0.55µg (9.09%), Vitamin B5: 0.84mg (8.45%), Vitamin E: 0.92mg (6.11%)