



## BOCA Baked Penne

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups penne pasta cooked
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 cups mushrooms fresh sliced
- 2 pasilla peppers green chopped
- 24 oz classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% kraft
- 2 cups boca veggie ground crumbles frozen

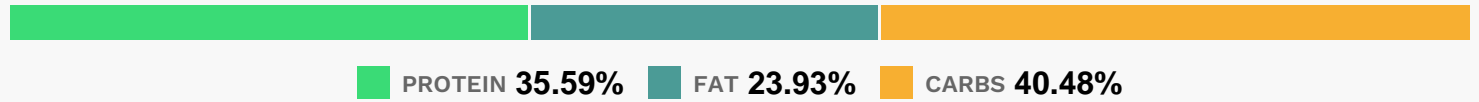
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Combine all ingredients except mozzarella; spoon into 13x9-inch baking dish sprayed with cooking spray.
- Top with mozzarella.
- Bake 25 to 30 min. or until heated through (160F).

## Nutrition Facts



## Properties

Glycemic Index:27.08, Glycemic Load:8.39, Inflammation Score:-7, Nutrition Score:20.192608499009%

## Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 258.08kcal (12.9%), Fat: 7.03g (10.82%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 22.01g (8%), Sugar: 8.41g (9.34%), Cholesterol: 17.77mg (5.92%), Sodium: 1081.53mg (47.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Vitamin B12: 3.19µg (53.1%), Vitamin C: 40.5mg (49.09%), Selenium: 24.85µg (35.51%), Phosphorus: 313.1mg (31.31%), Vitamin B3: 5.93mg (29.65%), Vitamin B1: 0.44mg (29.49%), Vitamin B6: 0.53mg (26.57%), Vitamin B2: 0.45mg (26.56%), Iron: 3.54mg (19.66%), Fiber: 4.75g (18.99%), Potassium: 657.59mg (18.79%), Manganese: 0.33mg (16.47%), Calcium: 164.16mg (16.42%), Copper: 0.32mg (16.2%), Vitamin A: 794.96IU (15.9%), Vitamin E: 1.85mg (12.34%), Zinc: 1.82mg (12.12%), Vitamin B5: 1.11mg (11.05%), Magnesium: 39.02mg (9.75%), Folate: 32.97µg (8.24%), Vitamin K: 6.62µg (6.3%)