



BOCA Pasta Bake

READY IN



50 min.

SERVINGS



7

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3.5 cups mostaccioli pasta cooked
- 24 oz classico family favorites pasta sauce traditional
- 0.5 cup reduced fat topping parmesan style divided grated kraft
- 7 oz milk mozzarella cheese shredded 2% kraft
- 12 oz boca veggie ground crumbles frozen

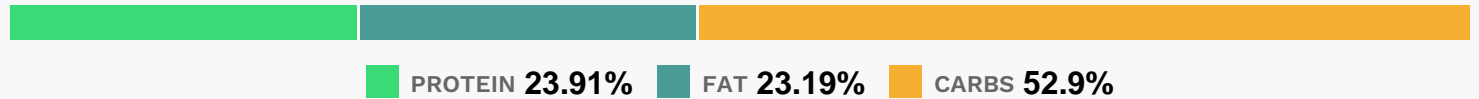
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine pasta, sauce, crumbles and 1/4 cup grated topping.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with mozzarella and remaining grated topping.
- Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:20.75, Inflammation Score:-6, Nutrition Score:23.389130651951%

Nutrients (% of daily need)

Calories: 429.07kcal (21.45%), Fat: 11.1g (17.07%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 56.96g (18.99%), Net Carbohydrates: 51.2g (18.62%), Sugar: 5.97g (6.63%), Cholesterol: 28.68mg (9.56%), Sodium: 958.98mg (41.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.49%), Vitamin B12: 4.84µg (80.69%), Selenium: 46.48µg (66.4%), Vitamin B1: 0.69mg (45.89%), Phosphorus: 395.43mg (39.54%), Vitamin B3: 7.71mg (38.55%), Manganese: 0.7mg (34.81%), Vitamin B6: 0.59mg (29.37%), Calcium: 249.22mg (24.92%), Iron: 4.47mg (24.82%), Fiber: 5.76g (23.03%), Zinc: 2.74mg (18.27%), Vitamin B2: 0.31mg (18.13%), Potassium: 551.5mg (15.76%), Copper: 0.31mg (15.7%), Magnesium: 56.35mg (14.09%), Vitamin A: 655.73IU (13.11%), Vitamin E: 1.53mg (10.23%), Vitamin C: 6.8mg (8.25%), Vitamin B5: 0.64mg (6.35%), Folate: 22.79µg (5.7%), Vitamin K: 3.56µg (3.39%)