



Broccoli and Cheese Pasta Cupcakes

READY IN



50 min.

SERVINGS



6

CALORIES



239 kcal

DESSERT

Ingredients

- 6 oz rigatoni uncooked
- 10 oz broccoli frozen
- 0.3 cup cream sour reduced-fat
- 4 tablespoons parmesan cheese grated
- 0.3 cup skim milk fat-free (skim)
- 0.3 teaspoon basil dried
- 6 peanut butter cups

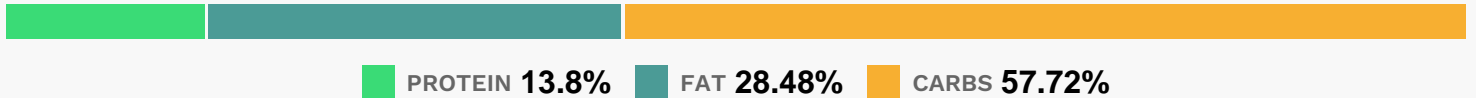
Equipment

- food processor
- oven
- aluminum foil
- muffin liners

Directions

- Heat oven to 350°F. Cook and drain pasta as directed on package. Do not rinse pasta.
- Meanwhile, cook broccoli as directed on box. Cool 1 minute.
- Place broccoli & cheese sauce, sour cream, 2 tablespoons of the Parmesan cheese, the milk and basil in food processor. Cover; process 1/2 to 1 minute or until almost pureed.
- Place foil baking cup in each of 6 regular-size muffin cups; spray with cooking spray.
- Place enough cooked rigatoni upright in each lined cup to keep them standing up. Spoon broccoli mixture over and around the pasta, filling pasta tubes as much as possible. Use spoon to push filling between pasta tubes.
- Sprinkle with remaining 2 tablespoons Parmesan cheese.
- Bake 20 to 25 minutes or until tops are beginning to brown.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:9.29, Inflammation Score:-6, Nutrition Score:12.28043471212%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 239.43kcal (11.97%), Fat: 7.75g (11.92%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 32.57g (11.84%), Sugar: 10.12g (11.25%), Cholesterol: 7.58mg (2.53%), Sodium: 148.49mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.89%), Vitamin C: 42.28mg (51.25%), Vitamin K: 49.38µg (47.03%), Selenium: 21.01µg (30.01%), Manganese: 0.37mg (18.32%), Phosphorus: 151.11mg (15.11%), Folate: 44.96µg (11.24%), Fiber: 2.76g (11.05%), Calcium: 98.81mg (9.88%), Magnesium: 39.13mg (9.78%), Potassium:

315.43mg (9.01%), Vitamin B3: 1.57mg (7.85%), Vitamin A: 385.28IU (7.71%), Vitamin B6: 0.15mg (7.55%), Vitamin B2: 0.13mg (7.52%), Copper: 0.15mg (7.49%), Zinc: 1.05mg (7.01%), Vitamin B1: 0.1mg (6.45%), Vitamin B5: 0.55mg (5.46%), Iron: 0.98mg (5.43%), Vitamin E: 0.48mg (3.17%), Vitamin B12: 0.19µg (3.14%)