



Broccoli and Cheese Pasta Cupcakes

READY IN



50 min.

SERVINGS



6

CALORIES



316 kcal

DESSERT

Ingredients

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

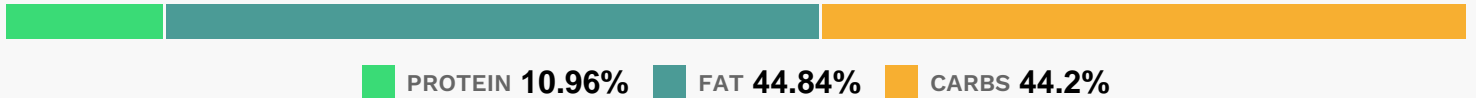
Equipment

- food processor
- oven
- aluminum foil
- muffin liners

Directions

- Heat oven to 350F. 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:12.54, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:5.9247825657544%

Nutrients (% of daily need)

Calories: 315.97kcal (15.8%), Fat: 16.03g (24.66%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 34.02g (12.37%), Sugar: 11.21g (12.46%), Cholesterol: 11.83mg (3.94%), Sodium: 520.81mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.63%), Selenium: 19.82µg (28.32%), Manganese: 0.27mg (13.36%), Phosphorus: 119.93mg (11.99%), Calcium: 110.34mg (11.03%), Magnesium: 29.21mg (7.3%), Vitamin A: 344.18IU (6.88%), Vitamin B3: 1.27mg (6.34%), Copper: 0.13mg (6.33%), Fiber: 1.53g (6.14%), Zinc: 0.86mg (5.72%), Potassium: 166.12mg (4.75%), Vitamin B2: 0.07mg (4.27%), Vitamin B1: 0.06mg (4.21%), Folate: 15.19µg (3.8%), Iron: 0.63mg (3.52%), Vitamin B6: 0.07mg (3.42%), Vitamin B12: 0.19µg (3.14%), Vitamin B5: 0.28mg (2.75%), Vitamin K: 1.19µg (1.13%)