



Broccoli Rotini Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 cups broccoli florets
- 10 ounce condensed reduced-fat reduced-sodium canned
- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh
- 4 ounces cheddar cheese shredded reduced-fat
- 0.5 cup heavy whipping cream sour reduced-fat
- 4 teaspoons parmesan cheese fresh grated
- 4 ounce pimientos drained sliced

- 8 ounces rotini uncooked (corkscrew pasta)
- 0.5 teaspoon salt

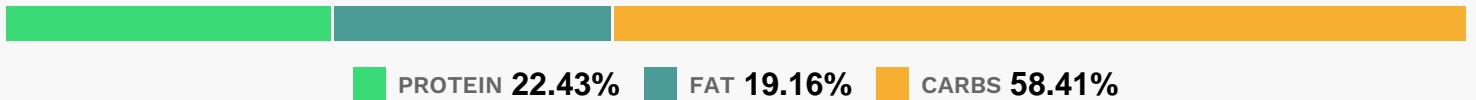
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat. Cook 7 minutes or until "al dente"; add broccoli, and cook 3 minutes or until broccoli is crisp-tender.
- Drain well.
- Combine Cheddar cheese and next 7 ingredients in a bowl, stirring well.
- Return pasta to pan; add cheese mixture, stirring gently.
- Cook over medium-low heat 5 minutes or until thoroughly heated.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:18.73, Inflammation Score:-9, Nutrition Score:26.17826079804%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 386.69kcal (19.33%), Fat: 8.32g (12.8%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 52.04g (18.92%), Sugar: 4.42g (4.91%), Cholesterol: 20.24mg (6.75%), Sodium: 1044.93mg (45.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.83%), Vitamin C: 113.86mg (138.02%), Vitamin K: 96.35µg (91.77%), Selenium: 43.41µg (62.02%), Manganese: 0.97mg (48.52%), Phosphorus: 359.27mg

(35.93%), Vitamin A: 1507.54IU (30.15%), Calcium: 230.8mg (23.08%), Folate: 82.42µg (20.6%), Fiber: 5.05g (20.18%), Copper: 0.38mg (19.07%), Potassium: 649.3mg (18.55%), Vitamin B6: 0.37mg (18.37%), Zinc: 2.71mg (18.08%), Vitamin B2: 0.31mg (18.01%), Magnesium: 64.72mg (16.18%), Iron: 2.65mg (14.75%), Vitamin B3: 2.45mg (12.24%), Vitamin B1: 0.15mg (10.21%), Vitamin B5: 0.97mg (9.71%), Vitamin E: 1.15mg (7.65%), Vitamin B12: 0.39µg (6.42%)