



## Cheesy Bow Ties and Broccoli Alfredo

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

### Ingredients

- 6 oz farfalle pasta uncooked (farfalle)
- 24 oz broccoli frozen
- 0.5 cup roasted peppers red sliced (from 7.25-oz jar)
- 0.5 teaspoon basil dried
- 0.1 teaspoon pepper
- 10 oz alfredo sauce refrigerated
- 2 tablespoons basil fresh chopped

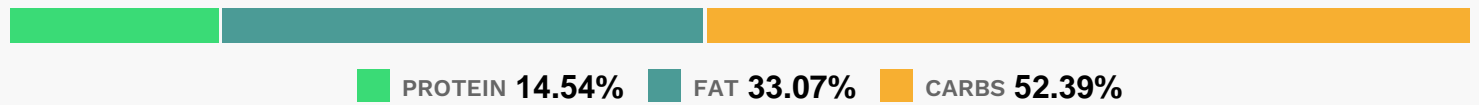
### Equipment

oven

## Directions

- Heat oven to 350°F. Grease or spray 2-quart casserole. Cook and drain pasta as directed on package. Cook frozen broccoli as directed on bag.
- In greased casserole, mix all ingredients except basil. Cover.
- Bake about 20 minutes or until hot and bubbly.
- Sprinkle with basil just before serving.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:14.98, Inflammation Score:-9, Nutrition Score:23.233913089918%

## Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

## Nutrients (% of daily need)

Calories: 347kcal (17.35%), Fat: 12.96g (19.94%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 40.12g (14.59%), Sugar: 5.17g (5.74%), Cholesterol: 46.49mg (15.5%), Sodium: 774.75mg (33.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.63%), Vitamin C: 160.05mg (193.99%), Vitamin K: 179.94µg (171.37%), Selenium: 31.19µg (44.56%), Manganese: 0.81mg (40.34%), Folate: 118.69µg (29.67%), Fiber: 6.07g (24.29%), Vitamin A: 1204.73IU (24.09%), Phosphorus: 197.14mg (19.71%), Vitamin B6: 0.39mg (19.63%), Potassium: 664.95mg (19%), Magnesium: 61.82mg (15.45%), Vitamin B2: 0.23mg (13.66%), Copper: 0.24mg (11.81%), Vitamin B5: 1.17mg (11.69%), Iron: 2.08mg (11.58%), Vitamin B1: 0.16mg (10.93%), Calcium: 100.9mg (10.09%), Vitamin B3: 1.92mg (9.61%), Vitamin E: 1.4mg (9.3%), Zinc: 1.35mg (8.97%)