



## Cheesy Pasta

READY IN



2 min.

SERVINGS



1

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

☐ 0.3 cup alfredo sauce refrigerated reduced-fat

☐ 1 ounce cheddar cheese shredded reduced-fat

☐ 1 cup basic pasta hot cooked

## Equipment

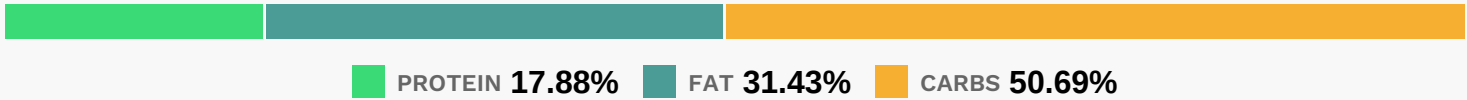
☐ bowl

☐ microwave

## Directions

- ☐
- Place Alfredo sauce in a small microwave-safe bowl. Cover and microwave at HIGH 1 minute, stirring after 30 seconds or until thoroughly heated.
- ☐
- Remove from microwave, and stir in cheese.
- ☐
- Combine cheese sauce and hot pasta; stir well.
- ☐
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:18.01, Inflammation Score:-2, Nutrition Score:8.7226087152958%

## Nutrients (% of daily need)

Calories: 383.24kcal (19.16%), Fat: 13.06g (20.09%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 47.39g (15.8%), Net Carbohydrates: 45.47g (16.53%), Sugar: 2.74g (3.05%), Cholesterol: 46.63mg (15.54%), Sodium: 593.8mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Selenium: 42.03µg (60.04%), Manganese: 0.55mg (27.6%), Phosphorus: 250.61mg (25.06%), Calcium: 130.25mg (13.03%), Magnesium: 36.34mg (9.08%), Zinc: 1.36mg (9.08%), Copper: 0.18mg (8.97%), Fiber: 1.92g (7.68%), Vitamin B2: 0.1mg (5.8%), Vitamin B3: 1.03mg (5.17%), Iron: 0.9mg (4.99%), Vitamin B6: 0.1mg (4.9%), Potassium: 152.51mg (4.36%), Vitamin B1: 0.06mg (3.83%), Folate: 13.92µg (3.48%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.14µg (2.32%), Vitamin A: 58.68IU (1.17%)