



Cheesy Vegetable Pasta



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings roasted-vegetable feta pasta
- ☐ 0.5 teaspoon pepper flakes hot
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 1 cup tomato sauce prepared

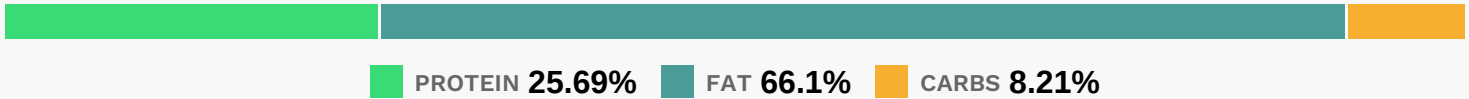
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Coat a 13-by-9-inch baking dish with vegetable cooking spray.
- ☐ Combine the reserved pasta, the tomato sauce, and pepper flakes.
- ☐ Sprinkle the top with the mozzarella. Follow the freezing directions for Roasted-Vegetable and Feta Ziti. (See link to recipe, above.)To cook, place the frozen, covered baking dish of pasta in the oven and set the temperature to 350 F, bake for 1 hour. (To prevent cracking, never put a cold dish into a preheated oven.) Once the temperature reaches 350 F, bake for 1 hour. (Or allow the pasta to thaw in the refrigerator overnight and bake, covered, for 30 minutes.) Uncover and bake for 15 to 20 minutes more or until the cheese is melted and golden and a knife inserted in the center for 5 seconds comes out hot.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:9.0282608944437%

Nutrients (% of daily need)

Calories: 202.86kcal (10.14%), Fat: 15.02g (23.11%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.58g (1.3%), Sugar: 1.87g (2.07%), Cholesterol: 56.56mg (18.85%), Sodium: 772.59mg (33.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Calcium: 344.56mg (34.46%), Phosphorus: 246.11mg (24.61%), Vitamin B12: 1.37µg (22.81%), Vitamin B2: 0.39mg (22.77%), Selenium: 11.17µg (15.96%), Zinc: 2.06mg (13.72%), Vitamin A: 562.9IU (11.26%), Vitamin B6: 0.18mg (9.17%), Magnesium: 19.48mg (4.87%), Potassium: 169.94mg (4.86%), Vitamin E: 0.72mg (4.78%), Vitamin B5: 0.47mg (4.7%), Vitamin B1: 0.07mg (4.51%), Iron: 0.76mg (4.21%), Vitamin C: 3.46mg (4.19%), Folate: 16.02µg (4%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.06mg (3.21%), Copper: 0.06mg (3.06%), Vitamin K: 2.61µg (2.49%), Fiber: 0.62g (2.47%), Vitamin D: 0.27µg (1.81%)