



Cheesy Vegetarian Pasta Casserole

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon basil dried
- 2 cloves garlic minced
- 8 ounces gorgonzola crumbled
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 1 pound penne pasta
- 8 ounces portabello mushrooms cut into 1/2 inch pieces
- 4 cups mozzarella cheese shredded

28 ounces tomato basil sauce classico®

Equipment

frying pan

oven

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Pour a glass of ice water over the pasta to stop the cooking, but do not rinse thoroughly.

Preheat oven to 350 degrees F (175 degrees C). Coat a 9 x 13 glass pan with olive oil.

Heat 2 tablespoons olive oil in large skillet.

Add mushrooms. Cook for 2 minutes then add basil, oregano and garlic and cook 1 minute more.

Add sauce to mushroom mixture and stir.

To assemble, pour enough sauce in the bottom of the pan to cover.

Combine the remaining sauce and the pasta.

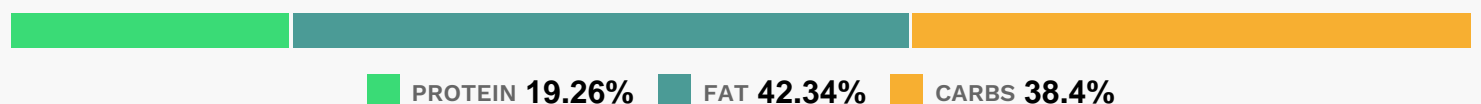
Place one-third of sauced noodles on top of sauce in pan. Top with 1 cup of mozzarella and one-half of the gorgonzola. Repeat for a second layer.

Put the final third of the noodles in the pan and top with the final 2 cups of mozzarella.

Bake for 30 to 45 minutes, or until cheese is browned.

Serve.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:17.6, Inflammation Score:-8, Nutrition Score:19.324782651404%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 589.12kcal (29.46%), Fat: 27.51g (42.32%), Saturated Fat: 13.71g (85.7%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 50.6g (18.4%), Sugar: 10.11g (11.23%), Cholesterol: 65.5mg (21.83%), Sodium: 1056.53mg (45.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 54.86µg (78.37%), Calcium: 485.18mg (48.52%), Phosphorus: 447.59mg (44.76%), Manganese: 0.6mg (29.81%), Vitamin B12: 1.64µg (27.28%), Vitamin A: 1195.46IU (23.91%), Zinc: 3.36mg (22.42%), Fiber: 5.53g (22.11%), Vitamin B2: 0.34mg (20.08%), Potassium: 671.76mg (19.19%), Copper: 0.27mg (13.44%), Vitamin B3: 2.61mg (13.04%), Magnesium: 49.52mg (12.38%), Vitamin B5: 1.14mg (11.45%), Iron: 1.97mg (10.95%), Vitamin B6: 0.2mg (10.19%), Folate: 33.27µg (8.32%), Vitamin K: 7.84µg (7.47%), Vitamin B1: 0.09mg (6.32%), Vitamin C: 5mg (6.06%), Vitamin E: 0.81mg (5.39%), Vitamin D: 0.45µg (3.01%)