



Cheryl's Spinach Cheesy Pasta Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 eggs
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 0.3 cup olive oil
- ☐ 12 ounce seashell pasta
- ☐ 8 ounce cheddar cheese shredded
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 26 ounce tomato basil pasta sauce

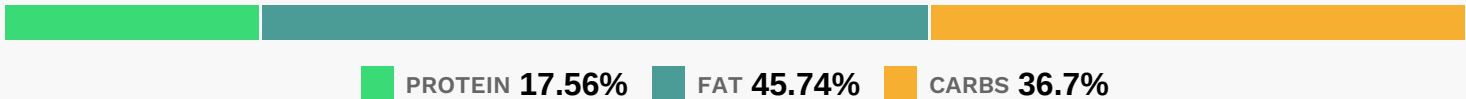
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain. Bring 1/2 cup water to a boil in a saucepan, and cook the spinach 4 to 6 minutes, until tender.
- ☐ Place the cooked pasta in a medium bowl. In a small bowl, whisk together the eggs and oil. Toss the pasta with the cooked spinach, egg mixture, and bread crumbs.
- ☐ Cover the bottom of a 9x13 inch baking dish with 1/3 of the pasta sauce.
- ☐ Pour half of the pasta mixture into the baking dish, and cover with another 1/3 of the pasta sauce.
- ☐ Sprinkle with half of the Cheddar cheese and half of the mozzarella.
- ☐ Layer with remaining pasta mixture, and top with remaining sauce.
- ☐ Sprinkle with the rest of the Cheddar and mozzarella cheeses.
- ☐ Bake 45 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:18.530000002488%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 358.1kcal (17.91%), Fat: 18.12g (27.88%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 28.96g (10.53%), Sugar: 5.9g (6.55%), Cholesterol: 61.11mg (20.37%), Sodium: 535.69mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.31%), Vitamin K: 91.83µg (87.46%), Vitamin A: 3495.5IU (69.91%), Selenium: 31.28µg (44.69%), Calcium: 297.54mg (29.75%), Phosphorus: 240.57mg (24.06%), Manganese: 0.48mg (23.86%), Vitamin B2: 0.26mg (15.2%), Fiber: 3.76g (15.04%), Folate: 52.91µg (13.23%), Zinc: 1.94mg (12.92%), Vitamin B12: 0.71µg (11.87%), Potassium: 389.42mg (11.13%), Magnesium: 44.44mg (11.11%), Vitamin E: 1.62mg (10.82%), Iron: 1.66mg (9.2%), Copper: 0.14mg (7.05%), Vitamin B1: 0.11mg (7.02%), Vitamin B6: 0.12mg (5.94%), Vitamin C: 4.25mg (5.15%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.39mg (3.86%), Vitamin D: 0.34µg (2.24%)