



## Creamy Pasta Bake

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup knudsen cream sour
- 10 oz pkt spinach frozen thawed drained chopped
- 0.5 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 16 oz rotini pasta cooked

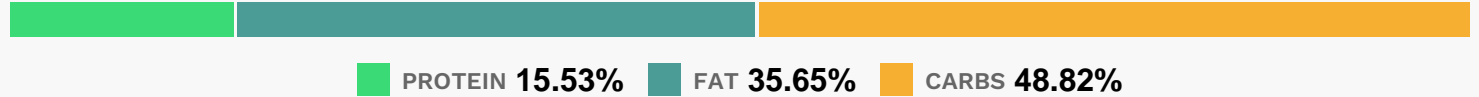
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 375F.
- Mix all ingredients until well blended.
- Spoon into 13x9-inch baking dish.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:4.0086957038097%

## Nutrients (% of daily need)

Calories: 40.7kcal (2.04%), Fat: 1.66g (2.56%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.46g (1.62%), Sugar: 0.91g (1.01%), Cholesterol: 4.48mg (1.49%), Sodium: 109.64mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin K: 26.95µg (25.67%), Vitamin A: 951.35IU (19.03%), Selenium: 4.17µg (5.96%), Manganese: 0.11mg (5.32%), Folate: 13.02µg (3.26%), Vitamin E: 0.49mg (3.24%), Calcium: 29.18mg (2.92%), Magnesium: 10.92mg (2.73%), Phosphorus: 26.94mg (2.69%), Fiber: 0.66g (2.66%), Potassium: 89.52mg (2.56%), Vitamin B2: 0.04mg (2.54%), Iron: 0.45mg (2.51%), Copper: 0.04mg (2.13%), Vitamin C: 1.63mg (1.98%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.26mg (1.28%)