



Creamy Penne Pasta

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



697 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup oregano fresh chopped
- ☐ 16 ounce penne pasta
- ☐ 4 servings salt and pepper to taste

☐ 1 tomatoes diced

Equipment

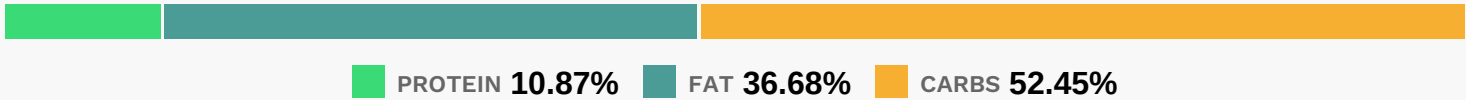
☐ sauce pan

☐ 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.
- ☐ In a large saucepan over medium heat, heat olive oil. Stir in garlic, basil, oregano, parsley, tomato, salt and pepper, and cook 5 minutes. Stir in cream cheese until melted. (
- ☐ Add meat, if desired, at this time.)
- ☐ Heat through, toss with cooked pasta and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:35.34, Inflammation Score:-10, Nutrition Score:21.369565092999%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 696.7kcal (34.84%), Fat: 28.44g (43.75%), Saturated Fat: 12.79g (79.95%), Carbohydrates: 91.48g (30.49%), Net Carbohydrates: 86.1g (31.31%), Sugar: 6.12g (6.8%), Cholesterol: 57.27mg (19.09%), Sodium: 382.36mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.97g (37.94%), Selenium: 76.79µg (109.7%), Manganese: 1.26mg (63.22%), Vitamin K: 65.64µg (62.51%), Phosphorus: 289.96mg (29%), Vitamin A: 1316.32IU (26.33%), Fiber: 5.38g (21.51%), Magnesium: 78.84mg (19.71%), Copper: 0.39mg (19.31%), Iron: 2.95mg (16.38%), Vitamin E: 2.36mg (15.75%), Zinc: 2.06mg (13.72%), Calcium: 136.76mg (13.68%), Vitamin B2: 0.22mg (13.18%), Vitamin B6: 0.26mg (13.11%), Potassium: 457.02mg (13.06%), Vitamin B3: 2.35mg (11.73%), Folate: 41.32µg

(10.33%), Vitamin C: 7.45mg (9.03%), Vitamin B1: 0.14mg (9.03%), Vitamin B5: 0.88mg (8.83%), Vitamin B12: 0.12µg (2.08%)