



Creamy Pesto Caprese Pasta Casserole

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 servings basil leaves to taste
- ☐ 2 cups cherry tomatoes
- ☐ 0.3 cup heavy cream
- ☐ 4 ounces mozzarella cheese diced
- ☐ 0.5 cup parmigiano-reggiano grated (parmesan)
- ☐ 12 ounces soup noodles
- ☐ 0.3 cup pesto

☐ 2 cups your favourite tomato sauce

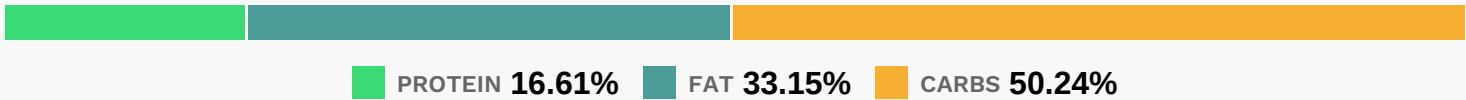
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the pasta as directed and when it is done mix in the marinara sauce, cream, parmesan, balsamic vinegar, pesto, cherry tomatoes and mozzarella.
- ☐ Pour the mixture into a baking dish and bake in a preheated 350F oven until bubbling on the sides and golden brown on top, about 20 minutes.
- ☐ Serve topped with julienned basil.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:28.26, Inflammation Score:-9, Nutrition Score:23.4534783467%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 606.93kcal (30.35%), Fat: 22.42g (34.49%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 71.06g (25.84%), Sugar: 10.41g (11.57%), Cholesterol: 48.94mg (16.31%), Sodium: 1121.89mg (48.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Selenium: 62.94µg (89.92%), Manganese: 1.03mg (51.43%), Phosphorus: 412.29mg (41.23%), Calcium: 373.76mg (37.38%), Vitamin A: 1820.64IU (36.41%), Vitamin C: 26.01mg (31.53%), Copper: 0.46mg (23%), Potassium: 773.45mg (22.1%), Fiber: 5.36g (21.44%), Magnesium: 84.13mg (21.03%), Zinc: 2.8mg (18.66%), Iron: 3.21mg (17.85%), Vitamin B2: 0.3mg (17.54%), Vitamin E: 2.51mg (16.73%), Vitamin B6: 0.33mg (16.49%), Vitamin B3: 3.15mg (15.74%), Vitamin K: 15.24µg (14.52%), Vitamin B12: 0.82µg (13.67%), Folate: 40.83µg (10.21%), Vitamin B1: 0.15mg (9.99%), Vitamin B5: 0.98mg (9.8%), Vitamin D: 0.41µg (2.76%)