

Creamy PHILLY Rose Penne

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup approx cream cheese spread
- 0.3 cup basil fresh
- 1.5 cups pasta sauce
- 3 cups penne pasta uncooked

Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat pasta sauce in nonstick skillet on medium-high heat. Stir in cream cheese spread; cook and stir constantly 2 to 3 minutes or until melted.
- Drain pasta; toss with sauce until evenly coated. Top with basil.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:26.91, Inflammation Score:-6, Nutrition Score:13.733478297358%

Nutrients (% of daily need)

Calories: 382.34kcal (19.12%), Fat: 5.66g (8.71%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 69.09g (23.03%), Net Carbohydrates: 64.99g (23.63%), Sugar: 6.11g (6.79%), Cholesterol: 11.73mg (3.91%), Sodium: 528.38mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Selenium: 53.88µg (76.97%), Manganese: 0.89mg (44.46%), Phosphorus: 185.12mg (18.51%), Copper: 0.36mg (17.76%), Fiber: 4.1g (16.41%), Magnesium: 59.46mg (14.86%), Potassium: 465.45mg (13.3%), Vitamin A: 656.65IU (13.13%), Vitamin B3: 2.36mg (11.79%), Iron: 2.03mg (11.26%), Vitamin B6: 0.21mg (10.61%), Vitamin E: 1.43mg (9.52%), Zinc: 1.4mg (9.36%), Vitamin K: 8.88µg (8.46%), Vitamin C: 6.7mg (8.12%), Vitamin B1: 0.1mg (6.57%), Vitamin B2: 0.11mg (6.56%), Vitamin B5: 0.65mg (6.51%), Folate: 24.48µg (6.12%), Calcium: 55.94mg (5.59%)