



Creamy Zucchini and Spinach Rigatoni

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach leaves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon basil leaves dried
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 1 tablespoon flour
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 8 ounce philadelphia neufchatel cheese cubed
- ☐ 1 teaspoon oil

- ☐ 0.3 teaspoon oregano leaves dried
- ☐ 1.5 cups parmesan cheese grated kraft
- ☐ 8 ounces rigatoni pasta uncooked
- ☐ 1.5 cups mozzarella cheese shredded with a touch of philadelphia, divided kraft
- ☐ 1 zucchini sliced

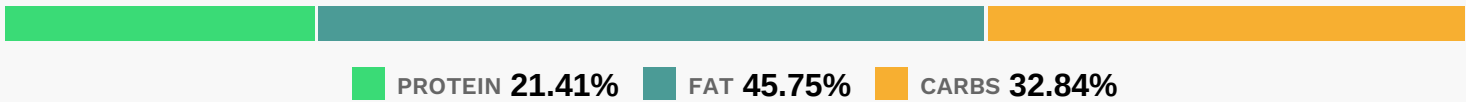
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Cook pasta in large saucepan as directed on package, omitting salt.
- ☐ Meanwhile, heat oil in large skillet on medium heat.
- ☐ Add zucchini, mushrooms and garlic; cook and stir 3 to 4 min. or until zucchini is crisp-tender.
- ☐ Add flour and seasonings; cook and stir 1 min. Stir in broth; cook and stir 2 to 3 min. or until thickened.
- ☐ Add Neufchatel; cook and stir 2 to 3 min. or until melted.
- ☐ Drain pasta; return to pan.
- ☐ Add zucchini mixture, spinach, Parmesan and 1/2 cup mozzarella; mix lightly. Spoon into 2 quart casserole sprayed with cooking spray; top with remaining mozzarella.
- ☐ Bake 10 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:26.181739060775%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 459.51kcal (22.98%), Fat: 23.55g (36.23%), Saturated Fat: 12.62g (78.86%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 35.36g (12.86%), Sugar: 4.29g (4.76%), Cholesterol: 71.84mg (23.95%), Sodium: 924.83mg (40.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.59%), Vitamin K: 141.9µg (135.14%), Vitamin A: 3473.62IU (69.47%), Selenium: 43.82µg (62.6%), Calcium: 455.04mg (45.5%), Phosphorus: 447.57mg (44.76%), Manganese: 0.75mg (37.47%), Vitamin B2: 0.5mg (29.41%), Folate: 87.87µg (21.97%), Zinc: 3.23mg (21.54%), Vitamin B12: 1.18µg (19.67%), Vitamin C: 14.92mg (18.09%), Magnesium: 71.39mg (17.85%), Potassium: 593.15mg (16.95%), Copper: 0.32mg (16.06%), Vitamin B3: 2.8mg (13.98%), Vitamin B6: 0.27mg (13.45%), Vitamin B5: 1.21mg (12.11%), Iron: 2.06mg (11.47%), Fiber: 2.67g (10.69%), Vitamin B1: 0.14mg (9.32%), Vitamin E: 1.16mg (7.74%), Vitamin D: 0.31µg (2.08%)