



## Creamy Zucchini & Spinach Rigatoni

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 oz baby spinach leaves
- 0.3 tsp basil leaves dried red crushed
- 1 cup chicken broth fat-free reduced-sodium
- 1 Tbsp flour
- 0.5 lb mushrooms fresh sliced
- 2 cloves garlic minced
- 4 oz philadelphia neufchatel cheese cubed ()
- 1 tsp oil
- 0.3 cup parmesan cheese grated kraft

- 3 cups rigatoni pasta uncooked ()
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia, divided kraft
- 1 zucchini sliced

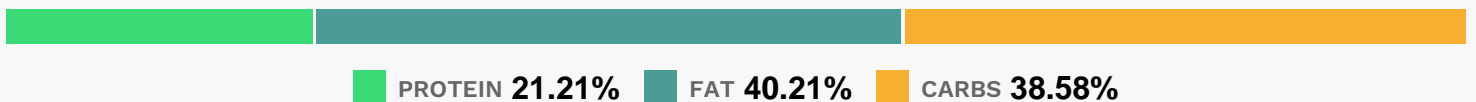
## Equipment

- frying pan
- oven

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:1.6, Inflammation Score:-4, Nutrition Score:3.4395652160696%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 44.32kcal (2.22%), Fat: 2.01g (3.09%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.97g (1.45%), Sugar: 0.52g (0.58%), Cholesterol: 5.96mg (1.99%), Sodium: 74.49mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin K: 21.01µg (20.01%), Vitamin A: 469.91IU (9.4%), Selenium: 4.65µg (6.65%), Manganese: 0.1mg (4.87%), Phosphorus: 41.16mg (4.12%), Calcium: 36.73mg (3.67%), Vitamin B2: 0.06mg (3.47%), Folate: 12.34µg (3.08%), Vitamin C: 2.24mg (2.71%), Potassium: 75.98mg (2.17%), Magnesium: 8.63mg (2.16%), Copper: 0.04mg (2.13%), Vitamin B12: 0.13µg (2.11%), Zinc: 0.31mg (2.06%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.15mg (1.5%), Iron: 0.27mg (1.48%), Fiber: 0.36g (1.42%), Vitamin B1: 0.02mg (1.23%)