



Crumb-Topped Penne Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups breadcrumbs french homemade soft lightly toasted ()
- ☐ 3 tablespoons butter melted
- ☐ 1 cup freshly parmesan cheese shredded
- ☐ 8 ounces penne pasta

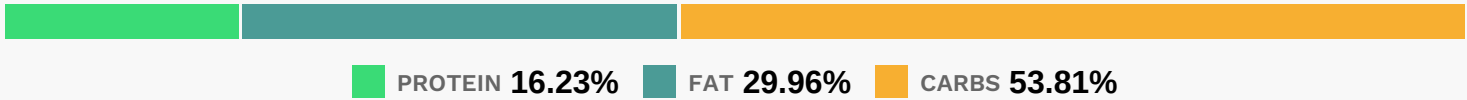
Equipment

- ☐ baking pan

Directions

- ☐
- Cook pasta in salted water according to package directions; drain, reserving 1/3 cup pasta water. Toss cooked pasta with reserved pasta water; cool slightly. Stir in cheese. Spoon pasta mixture into a greased oval gratin dish or other shallow small baking dish.
- ☐
- Combine breadcrumbs and melted butter; toss gently.
- ☐
- Sprinkle over pasta. Broil 5 1/2" from heat 1 minute or until lightly browned.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:8.62, Inflammation Score:-4, Nutrition Score:8.493478341352%

Nutrients (% of daily need)

Calories: 271.91kcal (13.6%), Fat: 8.96g (13.78%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 34.38g (12.5%), Sugar: 2.11g (2.35%), Cholesterol: 8.5mg (2.83%), Sodium: 399.69mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Selenium: 25.83µg (36.9%), Manganese: 0.45mg (22.43%), Calcium: 192.59mg (19.26%), Phosphorus: 174.95mg (17.5%), Vitamin B1: 0.23mg (15.12%), Vitamin B3: 1.86mg (9.3%), Vitamin B2: 0.14mg (8.36%), Iron: 1.45mg (8.05%), Magnesium: 29.39mg (7.35%), Fiber: 1.82g (7.27%), Folate: 27.7µg (6.92%), Zinc: 1.04mg (6.91%), Copper: 0.14mg (6.88%), Vitamin A: 285.42IU (5.71%), Vitamin B6: 0.08mg (3.83%), Vitamin B12: 0.23µg (3.77%), Potassium: 116.61mg (3.33%), Vitamin B5: 0.29mg (2.95%), Vitamin E: 0.24mg (1.58%), Vitamin K: 1.58µg (1.5%)