



Four Cheese Pasta Florentine

READY IN



45 min.

SERVINGS



45

CALORIES



60 kcal

Ingredients

- 1 cup knudsen milkfat cottage cheese 2% low fat
- 4 oz philadelphia cream cheese cubed ()
- 2 eggs
- 10 oz pkt spinach frozen chopped
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 3 cups mostaccioli pasta uncooked
- 0.3 cup parmesan cheese grated kraft

Equipment

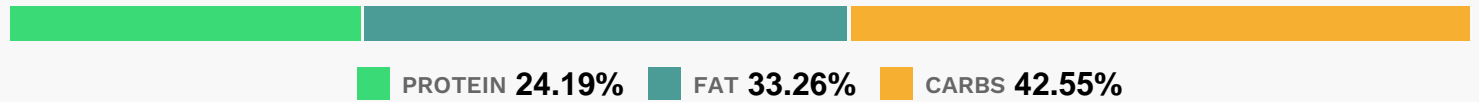
- bowl

- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook pasta as directed on package, omitting salt. Meanwhile, cook spinach as directed on package; drain well.
- Place in large bowl.
- Add cream cheese; stir until melted. Stir in cottage cheese and eggs.
- Drain pasta.
- Add to spinach mixture with the mozzarella; mix lightly.
- Spoon into 8- or 9-inch square baking dish; top with Parmesan.
- Bake 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:2.29, Inflammation Score:-5, Nutrition Score:4.0773912836676%

Nutrients (% of daily need)

Calories: 60.02kcal (3%), Fat: 2.21g (3.4%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.54g (0.6%), Cholesterol: 13.73mg (4.58%), Sodium: 77.11mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin K: 23.6µg (22.47%), Vitamin A: 814.24IU (16.28%), Selenium: 7.31µg (10.44%), Calcium: 60.63mg (6.06%), Manganese: 0.12mg (5.75%), Phosphorus: 57.42mg (5.74%), Vitamin B2: 0.06mg (3.46%), Folate: 12.72µg (3.18%), Magnesium: 10.77mg (2.69%), Zinc: 0.36mg (2.41%), Copper: 0.04mg (1.77%), Vitamin B12: 0.1µg (1.72%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.68%), Vitamin E: 0.24mg (1.62%), Potassium: 54.12mg (1.55%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.08%)