



## Harvest Pasta Casserole

READY IN



80 min.

SERVINGS



20

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 lb butternut squash peeled cut into 1-inch cubes
- 8 oz three cheese shredded with a touch of philadelphia, divided kraft
- 4 oz philadelphia cream cheese cubed softened ( )
- 0.3 cup croutons crushed
- 0.5 tsp pepper red crushed
- 0.3 cup milk
- 2 Tbsp olive oil
- 1 onion sliced
- 3.3 cups rigatoni pasta uncooked

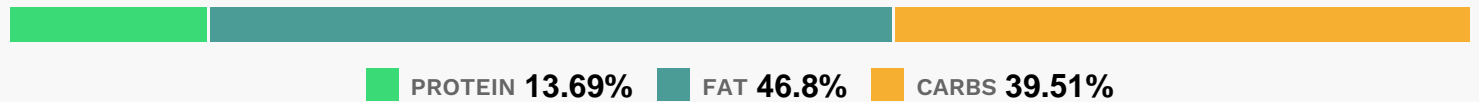
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 400F.
- Combine first 4 ingredients in 13x9-inch baking dish.
- Bake 30 to 40 min. or until squash is tender. Meanwhile, cook pasta as directed on package, omitting salt.
- Drain pasta; return to pan.
- Add cream cheese and milk; stir until cream cheese is melted and sauce is well blended.
- Add to squash mixture with 1 cup shredded cheese; mix lightly. Top with crouton crumbs and remaining shredded cheese.
- Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:11.65, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:9.769999988701%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 141.7kcal (7.08%), Fat: 7.54g (11.6%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 12.96g (4.71%), Sugar: 1.9g (2.11%), Cholesterol: 17.43mg (5.81%), Sodium: 99.22mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin A: 5031.33IU (100.63%), Selenium: 10.48µg (14.97%), Vitamin C: 9.93mg (12.04%), Calcium: 115.03mg (11.5%), Manganese: 0.19mg (9.75%), Phosphorus: 97.13mg

(9.71%), Vitamin E: 1.02mg (6.81%), Magnesium: 25.4mg (6.35%), Potassium: 212.24mg (6.06%), Fiber: 1.36g (5.43%), Vitamin B6: 0.1mg (5.23%), Vitamin B2: 0.09mg (5.02%), Folate: 18.49µg (4.62%), Zinc: 0.68mg (4.54%), Vitamin B1: 0.07mg (4.38%), Vitamin B3: 0.76mg (3.81%), Copper: 0.07mg (3.48%), Vitamin B5: 0.32mg (3.24%), Iron: 0.52mg (2.86%), Vitamin B12: 0.15µg (2.49%), Vitamin K: 1.83µg (1.74%)