



Hot Dog & Veggie Pasta Bake

READY IN



35 min.

SERVINGS



35

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz tomato sauce italian-style canned
- 14.5 oz canned tomatoes diced italian-style undrained canned
- 1 carrots shredded
- 3 cups farfalle pasta cooked (bow-tie pasta)
- 0.3 cup pasilla peppers green chopped
- 1 Tbsp olive oil
- 0.5 cup onions chopped
- 1 Tbsp parmesan cheese shredded kraft
- 1 cup mozzarella cheese shredded kraft

4 oscar mayer wieners cut into 1/4-inch-thick slices

Equipment

frying pan

oven

baking pan

Directions

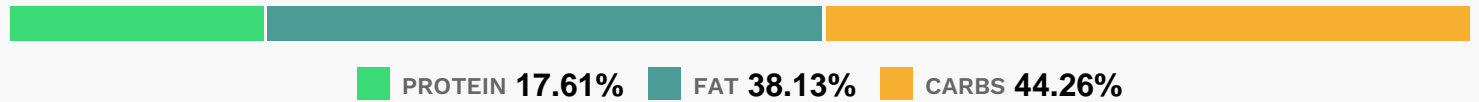
Heat oven to 375F.

Cook and stir onions, carrots and peppers in hot oil in large skillet on medium 4 min. or until crisp-tender. Stir in next 3 ingredients.

Place pasta in 8-inch square baking dish; cover with sauce and cheeses.

Bake 10 to 15 min. or until pasta mixture is heated through and cheeses are melted.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:1.99, Inflammation Score:-3, Nutrition Score:2.412173922943%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 47.5kcal (2.38%), Fat: 2.06g (3.17%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.04g (1.15%), Cholesterol: 4.94mg (1.65%), Sodium: 105.17mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 371.2IU (7.42%), Selenium: 4.39µg (6.27%), Manganese: 0.07mg (3.47%), Vitamin C: 2.67mg (3.23%), Phosphorus: 29.53mg (2.95%), Iron: 0.48mg (2.67%), Calcium: 25.82mg (2.58%), Fiber: 0.58g (2.34%), Vitamin B3: 0.46mg (2.31%), Potassium: 78.39mg (2.24%), Vitamin B2: 0.04mg (2.23%), Copper: 0.04mg (2.23%), Vitamin E: 0.33mg (2.17%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.89%), Magnesium: 6.83mg (1.71%), Vitamin B12: 0.1µg (1.69%), Folate: 6.35µg (1.59%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.1mg (1.03%)