



Hot Dog & Veggie Pasta Bake

READY IN



35 min.

SERVINGS



8

CALORIES



208 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

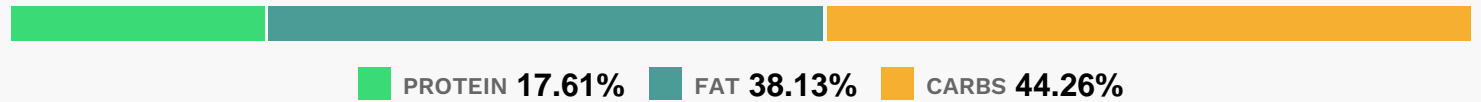
Heat oven to 375F.

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:37.17, Glycemic Load:8.69, Inflammation Score:-8, Nutrition Score:10.554347852002%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 207.83kcal (10.39%), Fat: 9g (13.85%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 20.96g (7.62%), Sugar: 4.53g (5.04%), Cholesterol: 21.61mg (7.2%), Sodium: 460.12mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Vitamin A: 1624.01IU (32.48%), Selenium: 19.22µg (27.45%), Manganese: 0.3mg (15.17%), Vitamin C: 11.67mg (14.14%), Phosphorus: 129.17mg (12.92%), Iron: 2.1mg (11.68%), Calcium: 112.94mg (11.29%), Fiber: 2.56g (10.24%), Vitamin B3: 2.03mg (10.13%), Potassium: 342.98mg (9.8%), Vitamin B2: 0.17mg (9.76%), Copper: 0.19mg (9.75%), Vitamin E: 1.42mg (9.49%), Zinc: 1.32mg (8.8%), Vitamin B6: 0.17mg (8.69%), Vitamin B1: 0.12mg (8.25%), Magnesium: 29.86mg (7.47%), Vitamin B12: 0.44µg (7.4%), Folate: 27.8µg (6.95%), Vitamin K: 6.29µg (5.99%), Vitamin B5: 0.45mg (4.51%)