



## Italian Pasta Pie

READY IN



50 min.

SERVINGS



6

CALORIES



779 kcal

### Ingredients

- 4 oz angel hair pasta uncooked (capellini)
- 18 slices bread french
- 2 tablespoons butter melted
- 3 oz swiss cheese shredded
- 2 tablespoons basil dried fresh chopped
- 10 oz alfredo sauce refrigerated
- 3 medium plum tomatoes chopped (Roma)
- 2 tablespoons spring onion sliced
- 1 tablespoon parmesan grated

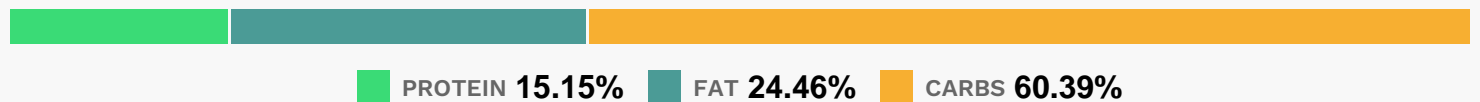
## Equipment

- bowl
- oven

## Directions

- Heat oven to 400°F. Cook and drain pasta as directed on package.
- Meanwhile, brush bread with butter. In 9-inch glass pie plate, line bottom and side with bread, butter sides up and slightly overlapping slices.
- Bake about 10 minutes or until light brown.
- Meanwhile, in large bowl, mix Swiss cheese, 1 tablespoon of the basil and the Alfredo sauce.
- Reduce oven temperature to 350°F.
- Add pasta to sauce mixture; toss to mix thoroughly. Spoon into baked crust.
- Sprinkle with tomatoes, onions and Romano cheese.
- Bake 15 to 20 minutes or until hot.
- Let stand 5 minutes before cutting.
- Sprinkle with remaining 1 tablespoon basil.

## Nutrition Facts



## Properties

Glycemic Index:41.08, Glycemic Load:82.9, Inflammation Score:-8, Nutrition Score:31.216956772153%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 779.26kcal (38.96%), Fat: 21.17g (32.56%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 117.58g (39.19%), Net Carbohydrates: 111.83g (40.66%), Sugar: 11.02g (12.25%), Cholesterol: 44.74mg (14.91%), Sodium:

1561mg (67.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.5g (58.99%), Selenium: 71.36µg (101.95%), Vitamin B1: 1.4mg (93.08%), Manganese: 1.35mg (67.47%), Folate: 251.01µg (62.75%), Vitamin B2: 0.9mg (53.07%), Iron: 9.09mg (50.49%), Vitamin B3: 9.85mg (49.24%), Phosphorus: 337.37mg (33.74%), Vitamin K: 31.02µg (29.55%), Calcium: 275.64mg (27.56%), Fiber: 5.76g (23.02%), Magnesium: 89.93mg (22.48%), Zinc: 3.06mg (20.41%), Copper: 0.4mg (20.07%), Vitamin B6: 0.29mg (14.36%), Vitamin A: 579.18IU (11.58%), Potassium: 393.63mg (11.25%), Vitamin B5: 0.83mg (8.32%), Vitamin B12: 0.44µg (7.38%), Vitamin E: 0.98mg (6.51%), Vitamin C: 4.64mg (5.63%)