



Italian Pasta Pie

READY IN



50 min.

SERVINGS



6

CALORIES



776 kcal

Ingredients

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

Equipment

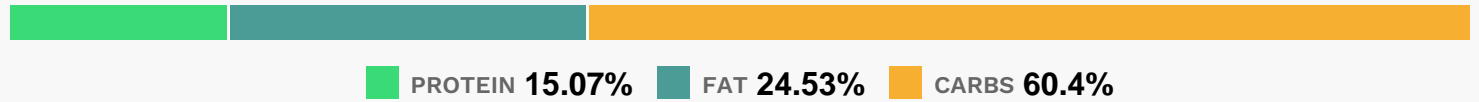
bowl

oven

Directions

- Heat oven to 400F. 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 350F.
- 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:29.030869640653%

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: 776.15kcal (38.81%), Fat: 21.11g (32.48%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 116.95g (38.98%), Net Carbohydrates: 111.69g (40.62%), Sugar: 11g (12.22%), Cholesterol: 44.74mg (14.91%), Sodium: 1559.99mg (67.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.38%), Selenium: 71.32µg (101.89%), Vitamin B1: 1.4mg (93.01%), Folate: 246.87µg (61.72%), Manganese: 1.22mg (60.94%), Vitamin B2: 0.89mg (52.12%), Vitamin B3: 9.78mg (48.91%), Iron: 7.89mg (43.84%), Phosphorus: 333.72mg (33.37%), Calcium: 245.77mg (24.58%), Fiber:

5.25g (21.01%), Magnesium: 80.45mg (20.11%), Zinc: 2.97mg (19.77%), Copper: 0.37mg (18.67%), Vitamin B6: 0.27mg (13.47%), Vitamin A: 569.26IU (11.39%), Potassium: 358.57mg (10.24%), Vitamin B5: 0.82mg (8.2%), Vitamin K: 8.16µg (7.78%), Vitamin B12: 0.44µg (7.38%), Vitamin C: 4.63mg (5.61%), Vitamin E: 0.83mg (5.56%)