



Italian Rotini and Cheese

READY IN



55 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz rotini pasta uncooked
- 1 cup milk
- 10 oz alfredo sauce refrigerated
- 2 tablespoons basil fresh chopped
- 8 oz provolone cheese shredded
- 1.5 cups tomatoes chopped
- 1 tablespoon breadcrumbs italian
- 1 tablespoon basil fresh chopped

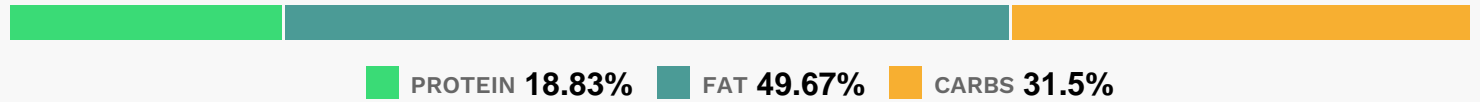
Equipment

- bowl
- oven

Directions

- Heat oven to 350°F. Grease 2-quart casserole. Cook and drain pasta as directed on package.
- In medium bowl, stir milk into Alfredo sauce; stir in 2 tablespoons basil, the cheese and 1 cup of the tomatoes.
- Pour mixture into casserole.
- Sprinkle with remaining tomatoes.
- Bake uncovered 30 to 35 minutes or until hot and bubbly. In small bowl, mix bread crumbs and 1 tablespoon basil; sprinkle over top.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:9.84, Inflammation Score:-6, Nutrition Score:10.822173906409%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 360.82kcal (18.04%), Fat: 19.7g (30.31%), Saturated Fat: 11.2g (70.02%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.67g (9.7%), Sugar: 4.77g (5.3%), Cholesterol: 61.96mg (20.65%), Sodium: 623.62mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Selenium: 24.59µg (35.13%), Calcium: 350.28mg (35.03%), Phosphorus: 294.39mg (29.44%), Manganese: 0.33mg (16.73%), Vitamin A: 761.56IU (15.23%), Vitamin B12: 0.78µg (12.96%), Zinc: 1.88mg (12.55%), Vitamin B2: 0.21mg (12.3%), Magnesium: 35.94mg (8.99%), Vitamin K: 8.18µg (7.79%), Potassium: 270.88mg (7.74%), Vitamin C: 5.28mg (6.4%), Vitamin B6: 0.13mg (6.3%), Copper: 0.12mg (6.11%), Fiber: 1.45g (5.78%), Vitamin B1: 0.09mg (5.71%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.92mg (4.62%), Iron: 0.78mg (4.32%), Vitamin D: 0.64µg (4.24%), Folate: 16.93µg (4.23%), Vitamin E: 0.35mg (2.33%)