



WHATSheATE



Italian "Veggie Burger" Bake

READY IN



75 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz soup noodles uncooked
- ☐ 4 vegetable burgers frozen
- ☐ 3 cups bell pepper frozen (from 1-lb bag)
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 0.8 cup water plain (7)
- ☐ 4 oz feta cheese crumbled
- ☐ 0.3 cup kalamata olives pitted coarsely chopped

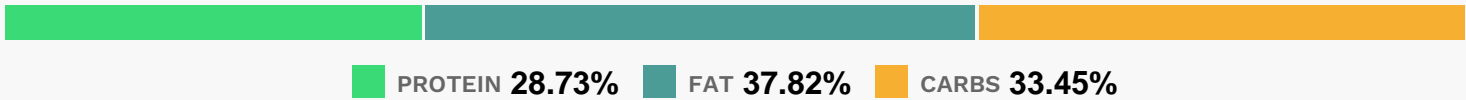
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package.
- ☐ Meanwhile, on large microwavable plate, microwave burgers uncovered on High 2 to 3 minutes, turning once, until thawed.
- ☐ Spray 12-inch skillet with cooking spray; heat over medium-high heat until hot.
- ☐ Add pepper and onion stir-fry; cook 2 to 3 minutes, stirring frequently, until crisp-tender. Stir in diced tomatoes. Cook 4 to 6 minutes, stirring frequently, until slightly thickened.
- ☐ Remove from heat.
- ☐ In medium bowl, stir pasta and hummus until coated. In baking dish, layer half each of the pasta mixture, vegetable mixture and cheese; top with burgers. Repeat with remaining pasta mixture, vegetable mixture and cheese.
- ☐ Sprinkle olives evenly over top.
- ☐ Cover tightly with foil; bake 35 minutes. Uncover; bake 5 to 10 minutes longer or until heated through.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:15.37, Inflammation Score:-10, Nutrition Score:27.836087092109%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 614.97kcal (30.75%), Fat: 25.48g (39.2%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 42.85g (15.58%), Sugar: 8.34g (9.26%), Cholesterol: 133.08mg (44.36%), Sodium: 962.29mg (41.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.55g (87.1%), Vitamin C: 152.6mg (184.97%), Vitamin A: 3931.2IU (78.62%), Manganese: 0.96mg (47.94%), Selenium: 32.64µg (46.63%), Vitamin B6: 0.72mg (35.78%), Fiber: 7.87g (31.5%), Phosphorus: 306.12mg (30.61%), Folate: 114.97µg (28.74%), Iron: 4.84mg (26.91%), Vitamin B2: 0.45mg (26.27%), Copper: 0.48mg (23.92%), Calcium: 238.63mg (23.86%), Magnesium: 86.62mg (21.66%), Vitamin E: 2.99mg (19.94%), Potassium: 651.29mg (18.61%), Vitamin B1: 0.27mg (18.26%), Zinc: 2.69mg (17.92%), Vitamin B3: 3.12mg (15.62%), Vitamin B5: 1mg (9.96%), Vitamin K: 9.17µg (8.73%), Vitamin B12: 0.48µg (7.99%)