



Layered Spinach Mostaccioli

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 8 ounce mostaccioli pasta
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 28 ounce spaghetti sauce

Equipment

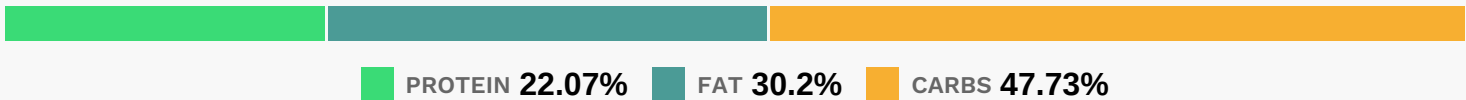
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ In a large pot with boiling salted water cook mostaccioli until al dente.
- ☐ Drain.
- ☐ In a large bowl combine spaghetti sauce, grated Parmesan cheese, and cooked and drained pasta.
- ☐ In a separate bowls place cooked spinach and shredded mozzarella cheese. Reserve 1/2 cup of shredded mozzarella cheese for top.
- ☐ To assemble, in a 1 1/2 quart casserole dish layer half of the noodle mixture, spinach, and shredded mozzarella cheese. Repeat. Cover with aluminum foil.
- ☐ Bake in a preheated 350 degree F(175 degree C) oven for 30 minutes.
- ☐ Remove from oven, sprinkle remaining 1/2 cup shredded mozzarella cheese over top and bake until cheese melts.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:13.84, Inflammation Score:-10, Nutrition Score:25.917391295018%

Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 10.85g (16.7%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 34.02g (12.37%), Sugar: 6.42g (7.13%), Cholesterol: 33.49mg (11.16%), Sodium: 974.24mg (42.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.69%), Vitamin K: 180.45µg (171.86%), Vitamin A: 6404.86IU (128.1%), Selenium: 35.4µg (50.57%), Manganese: 0.84mg (41.78%), Calcium: 315.13mg (31.51%), Phosphorus: 290.54mg (29.05%), Vitamin E: 3.41mg (22.73%), Folate: 90.12µg (22.53%), Magnesium: 84.33mg (21.08%), Vitamin B2: 0.34mg (19.76%), Potassium: 677.09mg (19.35%), Fiber: 4.56g (18.26%), Copper: 0.34mg (16.76%), Zinc: 2.37mg (15.82%), Iron: 2.84mg (15.78%), Vitamin B12: 0.92µg (15.3%), Vitamin C: 11.86mg (14.38%), Vitamin B6: 0.28mg (14.1%), Vitamin B3: 2.24mg (11.18%), Vitamin B1: 0.12mg (8.18%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.17µg (1.15%)