



Mexican Pasta Vegetable Bake

READY IN



45 min.

SERVINGS



45

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz black beans rinsed canned
- 14.5 oz canned tomatoes diced drained canned
- 7 oz milk cheddar cheese 2% divided kraft
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 0.3 cup cilantro leaves fresh chopped
- 10 oz regular corn frozen thawed drained
- 3 cups rotini pasta cooked
- 16 oz taco bellâ® & chunky salsa thick

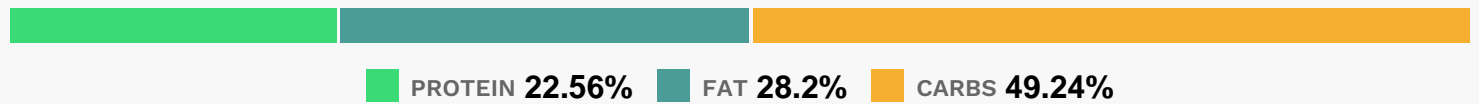
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine first 6 ingredients; stir in 1 cup cheddar.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheddar.
- Bake 20 min. or until heated through.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.5982608821081%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 53.54kcal (2.68%), Fat: 1.73g (2.67%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.54g (2.01%), Sugar: 0.8g (0.89%), Cholesterol: 4.61mg (1.54%), Sodium: 166.35mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Selenium: 4.05µg (5.78%), Phosphorus: 52.5mg (5.25%), Fiber: 1.27g (5.07%), Calcium: 44.17mg (4.42%), Manganese: 0.08mg (3.87%), Vitamin B2: 0.05mg (3.23%), Potassium: 103.4mg (2.95%), Folate: 11.74µg (2.94%), Vitamin B6: 0.05mg (2.75%), Magnesium: 10.83mg (2.71%), Iron: 0.48mg (2.64%), Zinc: 0.35mg (2.34%), Copper: 0.05mg (2.29%), Vitamin A: 111.96IU (2.24%), Vitamin C: 1.78mg (2.16%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.23mg (1.5%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.11mg (1.06%), Vitamin K: 1.07µg (1.02%)