



Mostaccioli-Spinach Bake

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 0.3 cup breadcrumbs dry
- 0.3 cup flour all-purpose
- 10 ounce pkt spinach frozen thawed drained chopped
- 1.5 teaspoons penzey's southwest seasoning dried italian
- 2 tablespoons butter divided reduced-calorie
- 8 ounces mostaccioli pasta tubular-shaped uncooked (3 cups pasta)

- 1 cup onion vertically sliced
- 0.5 ounce preshredded parmesan cheese
- 5 ounces preshredded parmesan cheese divided
- 0.5 teaspoon pepper
- 2.5 cups skim milk

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Cook pasta according to package directions, omitting salt and fat.
- Drain; set aside.
- Melt 1 tablespoon margarine in a medium heavy saucepan over medium-high heat.
- Add onion and garlic; saut 5 minutes or until tender.
- Add flour; cook 30 seconds, stirring constantly. Gradually add milk; cook 4 minutes or until bubbly.
- Remove from heat. Stir in 1/4 cup cheese, Italian seasoning, and pepper; remove from heat.
- Combine pasta, cheese sauce, 1 cup cheese, tomatoes, and spinach in a large bowl; stir well. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Combine breadcrumbs, 2 tablespoons cheese, and remaining 1 tablespoon margarine; sprinkle over pasta mixture.
- Bake at 350 for 30 minutes or until thoroughly heated.
- Garnish with parsley, if desired.

Nutrition Facts



■ PROTEIN 21.92% ■ FAT 26.97% ■ CARBS 51.11%

Properties

Glycemic Index:56.04, Glycemic Load:18.24, Inflammation Score:-10, Nutrition Score:30.034347907357%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 399.5kcal (19.98%), Fat: 12.15g (18.68%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 46.82g (17.03%), Sugar: 11.16g (12.4%), Cholesterol: 20.73mg (6.91%), Sodium: 666.87mg (28.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.41%), Vitamin K: 183.71µg (174.96%), Vitamin A: 6285.36IU (125.71%), Calcium: 562.99mg (56.3%), Selenium: 38.32µg (54.75%), Manganese: 1mg (49.91%), Phosphorus: 431.57mg (43.16%), Folate: 108.81µg (27.2%), Vitamin B2: 0.44mg (25.99%), Magnesium: 100.8mg (25.2%), Potassium: 713.5mg (20.39%), Vitamin B1: 0.3mg (19.91%), Fiber: 4.97g (19.87%), Vitamin B6: 0.39mg (19.36%), Iron: 3.23mg (17.95%), Copper: 0.35mg (17.64%), Vitamin E: 2.58mg (17.23%), Zinc: 2.34mg (15.59%), Vitamin B12: 0.92µg (15.41%), Vitamin C: 11.42mg (13.84%), Vitamin B3: 2.59mg (12.93%), Vitamin B5: 0.98mg (9.81%), Vitamin D: 1.25µg (8.35%)