



Mozzarella Pasta Bake

READY IN



30 min.

SERVINGS



30

CALORIES



22 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups elbow macaroni cooked
- 0.5 lb pd of ground turkey
- 3 slim cut mozzarella cheese kraft
- 1 Tbsp parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional

Equipment

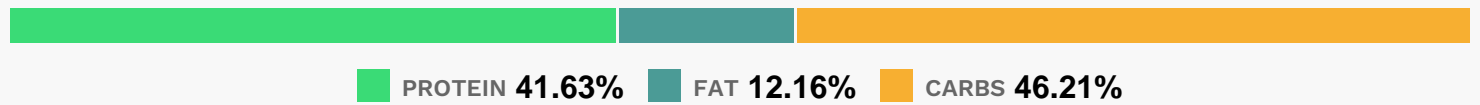
- frying pan
- oven

baking pan

Directions

- Heat oven to 375F.
- Cook turkey in large skillet until done.
- Stir in pasta sauce, macaroni and Parmesan. Spoon into 8-inch square baking dish.
- Bake 10 min. or until heated through. Top with mozzarella.
- Bake 3 to 4 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:1.3482608516579%

Nutrients (% of daily need)

Calories: 22.49kcal (1.12%), Fat: 0.31g (0.47%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.33g (0.37%), Cholesterol: 4.38mg (1.46%), Sodium: 46.18mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Selenium: 3.64µg (5.2%), Vitamin B3: 0.84mg (4.22%), Vitamin B6: 0.08mg (3.82%), Phosphorus: 24.84mg (2.48%), Manganese: 0.03mg (1.6%), Potassium: 50.02mg (1.43%), Zinc: 0.2mg (1.31%), Magnesium: 4.76mg (1.19%), Copper: 0.02mg (1.04%)