



## Parmesan Bow-Tie Skillet

READY IN



40 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups farfalle pasta cooked (bow-tie pasta)
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.3 cup parmesan cheese divided grated kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 0.5 cup polly-o original ricotta cheese

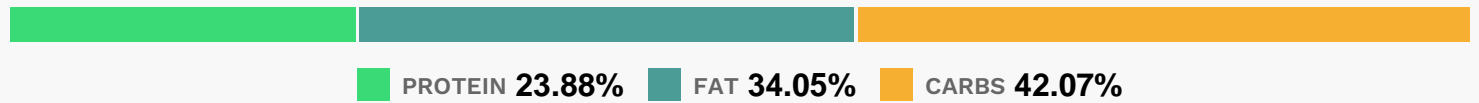
### Equipment

- frying pan

## Directions

- Combine pasta, pasta sauce, ricotta, 1/2 cup mozzarella and 2 Tbsp. Parmesan in large skillet.
- Cook on medium heat 10 min. or until heated through, stirring occasionally.
- Remove from heat.
- Sprinkle with remaining cheeses; cover.
- Let stand 5 min. or until mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:12.72, Inflammation Score:-6, Nutrition Score:12.160434769548%

## Nutrients (% of daily need)

Calories: 295.48kcal (14.77%), Fat: 11.23g (17.27%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 28.44g (10.34%), Sugar: 4.11g (4.56%), Cholesterol: 39.17mg (13.06%), Sodium: 744.99mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.43%), Selenium: 31.66µg (45.23%), Calcium: 356.65mg (35.66%), Phosphorus: 287.86mg (28.79%), Manganese: 0.36mg (17.85%), Vitamin A: 724.51IU (14.49%), Vitamin B2: 0.24mg (14.24%), Zinc: 2mg (13.33%), Iron: 2.08mg (11.55%), Fiber: 2.77g (11.07%), Potassium: 374.43mg (10.7%), Copper: 0.2mg (9.95%), Magnesium: 39.72mg (9.93%), Vitamin E: 1.47mg (9.83%), Vitamin B6: 0.17mg (8.29%), Vitamin C: 6.43mg (7.8%), Vitamin B12: 0.42µg (6.99%), Vitamin B3: 1.29mg (6.43%), Folate: 20.29µg (5.07%), Vitamin B5: 0.48mg (4.79%), Vitamin K: 3.47µg (3.3%), Vitamin B1: 0.05mg (3.22%), Vitamin D: 0.18µg (1.18%)