



Pasta e Fagioli

READY IN



35 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz baby spinach leaves
- 15 oz .5 can cannellini beans rinsed canned
- 0.5 cup philadelphia cream cheese spread ()
- 3 Tbsp basil fresh chopped
- 4 large cloves garlic minced
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 3 Tbsp parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups water

4 cups wide egg noodles uncooked

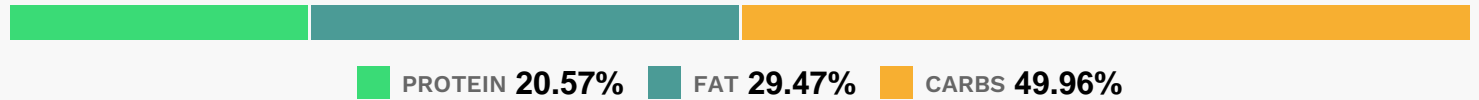
Equipment

frying pan

Directions

- Bring pasta sauce, water and garlic to boil in large skillet. Stir in noodles; cover.
- Cook on medium-low heat 10 to 12 min. or until noodles are tender, stirring occasionally.
- Add cream cheese spread; cook 3 to 5 min. or until melted, stirring frequently.
- Stir in spinach, beans and basil; cover. Cook 5 min. or until heated through, stirring occasionally. Top with remaining cheeses; cook, covered, 3 to 5 min. or until melted, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:13.46, Inflammation Score:-10, Nutrition Score:24.245652273945%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 332.87kcal (16.64%), Fat: 11.28g (17.35%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 36.36g (13.22%), Sugar: 5.46g (6.06%), Cholesterol: 38.92mg (12.97%), Sodium: 740.17mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Vitamin K: 155.43µg (148.03%), Vitamin A: 3532.73IU (70.65%), Manganese: 1.03mg (51.45%), Selenium: 23.23µg (33.18%), Folate: 120.97µg (30.24%), Fiber: 6.66g (26.62%), Potassium: 900.48mg (25.73%), Iron: 4.6mg (25.57%), Magnesium: 94.42mg (23.61%), Copper: 0.44mg (21.93%), Vitamin C: 17.1mg (20.72%), Calcium: 198.24mg (19.82%), Vitamin E: 2.9mg (19.34%), Phosphorus: 190.73mg (19.07%), Vitamin B6: 0.31mg (15.3%), Zinc: 1.84mg (12.3%), Vitamin B2: 0.19mg (11.15%), Vitamin B1: 0.17mg (11.08%), Vitamin B3: 1.99mg (9.93%), Vitamin B5: 0.76mg (7.58%), Vitamin B12: 0.11µg (1.79%)