



Pasta Margherita

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound penne pasta cooked drained
- ☐ 0.3 cup basil leaves fresh loosely packed thinly sliced
- ☐ 1 jar margherita smooth pasta sauce ragu® old world style® (1 lb. 10 oz.)
- ☐ 1 pound mozzarella cheese shredded cubed

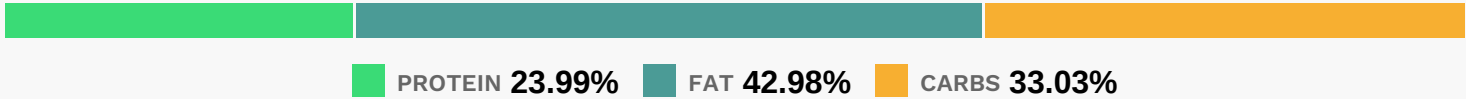
Equipment

- ☐ bowl

Directions

- ☐ Toss all ingredients in a large serving bowl. Mangia!
- ☐ Tip: Stir in sliced turkey pepperoni or leftover cooked veggies!
- ☐ Cost per recipe*: \$60
- ☐ Cost per serving*: \$70
- ☐ *Based on average retail prices at national supermarkets.
- ☐ Calories 330, Calories From Fat 60, Saturated Fat 5g, Trans Fat 0g, Total Fat 7g, Cholesterol 20mg, Sodium 480mg, Total Carbohydrate 50g, Sugars 6g, Dietary Fiber 4g, Protein 16g, Vitamin A 10%, Vitamin C 4%, Calcium 35%, Iron 15%

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:9.79, Inflammation Score:-6, Nutrition Score:11.543913022332%

Nutrients (% of daily need)

Calories: 280.25kcal (14.01%), Fat: 13.46g (20.71%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 20.96g (7.62%), Sugar: 3.93g (4.37%), Cholesterol: 44.79mg (14.93%), Sodium: 759mg (33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Selenium: 25.12µg (35.89%), Calcium: 303.53mg (30.35%), Phosphorus: 256.97mg (25.7%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 790.9IU (15.82%), Manganese: 0.3mg (14.96%), Zinc: 2.14mg (14.25%), Vitamin B2: 0.23mg (13.39%), Iron: 1.82mg (10.08%), Fiber: 2.31g (9.23%), Potassium: 322.7mg (9.22%), Vitamin E: 1.37mg (9.14%), Magnesium: 34.78mg (8.69%), Copper: 0.16mg (8.18%), Vitamin C: 6.09mg (7.38%), Vitamin B6: 0.13mg (6.66%), Vitamin K: 6.8µg (6.47%), Vitamin B3: 1.13mg (5.67%), Vitamin B5: 0.41mg (4.08%), Folate: 16.1µg (4.02%), Vitamin B1: 0.05mg (3.27%), Vitamin D: 0.23µg (1.51%)