



## Penne with Tomato and Smoked Cheese



Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients



9 oz penne pasta uncooked



14.5 oz canned tomatoes diced organic undrained canned



2 cups alfredo sauce



4 oz mozzarella cheese smoked shredded

### Equipment



sauce pan

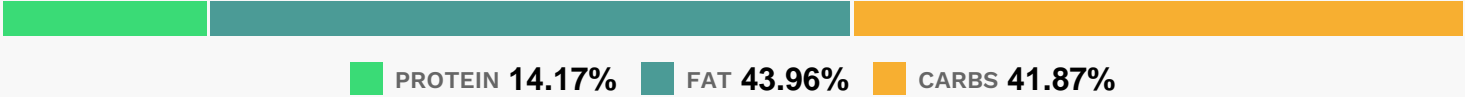


oven

# Directions

- ☐ Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 2-quart saucepan, heat tomatoes to boiling. Reduce heat to medium; cook uncovered 6 to 8 minutes, stirring occasionally, until liquid has evaporated.
- ☐ In 2-quart saucepan, heat Alfredo sauce over medium-low heat until warm. Stir in cheese until melted.
- ☐ Mix sauce, pasta and tomatoes.
- ☐ Pour into casserole.
- ☐ Bake uncovered about 30 minutes or until hot in center.

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:14.28, Inflammation Score:-3, Nutrition Score:9.9004347324371%

## Nutrients (% of daily need)

Calories: 385.19kcal (19.26%), Fat: 18.62g (28.64%), Saturated Fat: 9.41g (58.81%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 37.23g (13.54%), Sugar: 5.67g (6.3%), Cholesterol: 69.16mg (23.05%), Sodium: 767.09mg (33.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Selenium: 30.5µg (43.57%), Manganese: 0.52mg (26.05%), Phosphorus: 169.2mg (16.92%), Calcium: 127.67mg (12.77%), Copper: 0.25mg (12.52%), Fiber: 2.66g (10.65%), Magnesium: 40.02mg (10.01%), Zinc: 1.34mg (8.91%), Potassium: 309.93mg (8.86%), Vitamin B6: 0.17mg (8.51%), Iron: 1.53mg (8.48%), Vitamin B3: 1.58mg (7.9%), Vitamin C: 6.3mg (7.64%), Vitamin B12: 0.43µg (7.18%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.1mg (6.36%), Vitamin E: 0.94mg (6.26%), Vitamin A: 275.06IU (5.5%), Folate: 17.88µg (4.47%), Vitamin B5: 0.4mg (4%), Vitamin K: 4.11µg (3.91%)