



Pizza" Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 cup bell pepper green chopped
- 1 cup italian* five cheese blend shredded kraft finely
- 2 cups mushrooms sliced
- 2 cups classico family favorites pasta sauce traditional
- 8 oz penne pasta uncooked
- 2 oz oscar mayer pepperoni quartered

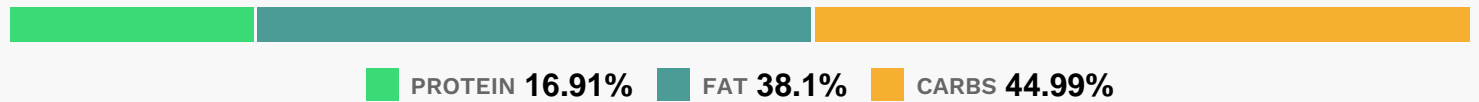
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package.
- Meanwhile, heat dressing in large nonstick skillet on medium heat.
- Add pepperoni, mushrooms and peppers; cook and stir 8 min. or until vegetables are crisp-tender.
- Add sauce; mix well. Cover. Reduce heat to low; simmer 3 min.
- Drain pasta; place in large serving bowl.
- Add sauce mixture and cheese; toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.28, Glycemic Load:3.14, Inflammation Score:-2, Nutrition Score:2.9743478142697%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 75.71kcal (3.79%), Fat: 3.27g (5.03%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.92g (2.88%), Sugar: 1.31g (1.46%), Cholesterol: 3.1mg (1.03%), Sodium: 159.6mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Selenium: 7.22µg (10.32%), Vitamin C: 6.33mg (7.67%), Manganese: 0.13mg (6.43%), Copper: 0.08mg (3.96%), Vitamin B3: 0.77mg (3.84%), Potassium: 119.51mg (3.41%), Phosphorus: 33.82mg (3.38%), Vitamin B2: 0.06mg (3.33%), Vitamin B6: 0.06mg (3.08%), Fiber: 0.76g (3.05%), Vitamin B5: 0.25mg (2.47%), Magnesium: 9.44mg (2.36%), Vitamin E: 0.34mg (2.26%), Iron: 0.39mg (2.19%), Vitamin A: 106.92IU (2.14%), Vitamin B1: 0.03mg (1.91%), Zinc: 0.27mg (1.83%), Calcium: 15.1mg (1.51%), Folate: 5.41µg (1.35%), Vitamin K: 1.13µg (1.08%)