



Quick BOCA Pasta Dinner

READY IN



20 min.

SERVINGS



20

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups blend rotini pasta whole wheat uncooked
- 16 oz vegetable blend frozen italian-style
- 2 cups boca veggie ground crumbles frozen

Equipment

- sauce pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook sauce, crumbles and vegetables in saucepan on medium heat 15 min. or until crumbles are cooked through (160F), stirring occasionally.
- Drain pasta; place on platter. Top with sauce and cheese.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:5.6165217558003%

Nutrients (% of daily need)

Calories: 58.54kcal (2.93%), Fat: 0.8g (1.24%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.09g (2.94%), Sugar: 1.46g (1.62%), Cholesterol: 0.44mg (0.14%), Sodium: 216.07mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin A: 1303.3IU (26.07%), Vitamin B12: 0.69µg (11.47%), Vitamin B1: 0.14mg (9.49%), Vitamin B3: 1.68mg (8.38%), Fiber: 2g (7.98%), Manganese: 0.15mg (7.36%), Vitamin B6: 0.13mg (6.49%), Selenium: 4.26µg (6.09%), Iron: 1.05mg (5.83%), Vitamin C: 4.74mg (5.75%), Phosphorus: 53.58mg (5.36%), Potassium: 178.93mg (5.11%), Copper: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.67%), Magnesium: 13.9mg (3.48%), Vitamin E: 0.5mg (3.33%), Folate: 10.75µg (2.69%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.17mg (1.7%), Calcium: 16.11mg (1.61%)