



Quick Pasta Skillet

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups penne pasta hot tube-shaped cooked uncooked (2 cups pasta)
- ☐ 1 teaspoon basil leaves dried
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 8 ounce pre- mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 14 ounce pizza sauce

- ☐ 0.3 teaspoon salt
- ☐ 1 cup onion yellow chopped

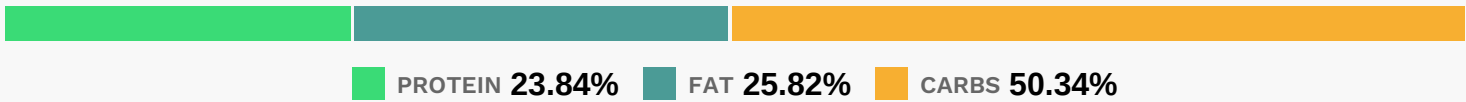
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms; saut 4 minutes.
- ☐ Add onion and next 4 ingredients; saut 8 minutes or until vegetables are crisp-tender.
- ☐ Add pizza sauce and pasta; cook 2 minutes, stirring constantly or until thoroughly heated and pasta is evenly coated with sauce.
- ☐ Remove from heat, and top with cheese.
- ☐ Wrap handle of pan with foil; broil 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:15.14, Inflammation Score:-7, Nutrition Score:18.922608743543%

Flavonoids

Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 311.84kcal (15.59%), Fat: 9.16g (14.09%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 35.31g (12.84%), Sugar: 8g (8.89%), Cholesterol: 27.22mg (9.07%), Sodium: 885.47mg (38.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Selenium: 34.85µg (49.79%), Vitamin C: 34.03mg (41.25%), Calcium: 374.49mg (37.45%), Phosphorus: 341.91mg (34.19%), Manganese: 0.55mg (27.32%), Vitamin B2: 0.46mg (27.15%), Copper: 0.43mg (21.7%), Fiber: 4.87g (19.46%), Potassium: 668.04mg (19.09%), Vitamin B3: 3.62mg (18.09%), Vitamin B6: 0.36mg (18.01%), Iron: 2.85mg (15.85%), Zinc: 2.26mg (15.07%), Vitamin A: 740.34IU (14.81%), Vitamin B5: 1.37mg (13.72%), Magnesium: 54.02mg (13.5%), Vitamin E: 1.83mg (12.19%), Vitamin K: 10.6µg (10.1%), Folate: 39.56µg (9.89%), Vitamin B1: 0.13mg (8.79%), Vitamin B12: 0.37µg (6.19%), Vitamin D: 0.24µg (1.61%)