



Roasted Vegetable and Pasta Casserole

READY IN



90 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz penne pasta uncooked
- 2 medium bell pepper green red yellow cut into 12 pieces
- 1 cup mushrooms fresh cut in half
- 1 medium zucchini cut into 1 1/2-inch pieces (2 cups)
- 1 tablespoon vegetable oil
- 0.5 teaspoon seasoning italian
- 0.3 teaspoon salt
- 1.8 oz bearnaise sauce mix white
- 2 cups milk

- 4 oz havarti cheese shredded
- 4 oz cheddar cheese shredded

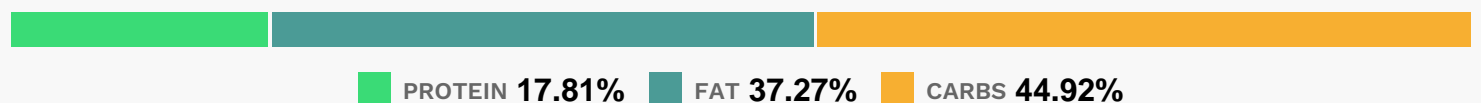
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 450°F. Spray 8-inch square (2-quart) baking dish with cooking spray. Cook and drain pasta as directed on package.
- Meanwhile, in large bowl, toss bell peppers, mushrooms, zucchini, oil, Italian seasoning and salt to coat. Spoon into ungreased 15x10x1-inch pan.
- Bake uncovered about 20 minutes or until crisp-tender. Cool slightly. Coarsely chop vegetables.
- Reduce oven temperature to 350°F. In 4-quart saucepan, mix sauce mix (dry) and milk.
- Heat to boiling over medium heat, stirring constantly; remove from heat. Stir in cheeses until melted. Stir in pasta until well coated.
- Spoon half of pasta mixture into baking dish. Reserve about 1/2 cup of the vegetables. Spoon remaining vegetables evenly over pasta. Top with remaining pasta.
- Sprinkle with reserved vegetables.
- Cover with foil; bake 30 minutes. Uncover; bake 10 to 15 minutes longer or until bubbly.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:14.55, Inflammation Score:-7, Nutrition Score:19.381738828576%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 415.02kcal (20.75%), Fat: 17.25g (26.54%), Saturated Fat: 8.93g (55.78%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 44.5g (16.18%), Sugar: 9.44g (10.49%), Cholesterol: 45.29mg (15.1%), Sodium: 401.32mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Vitamin C: 79.07mg (95.84%), Selenium: 37.06µg (52.94%), Phosphorus: 385.19mg (38.52%), Calcium: 370.1mg (37.01%), Manganese: 0.53mg (26.33%), Vitamin B2: 0.39mg (22.9%), Zinc: 2.64mg (17.62%), Vitamin B12: 0.91µg (15.11%), Vitamin B6: 0.28mg (13.92%), Magnesium: 55.02mg (13.75%), Potassium: 466.42mg (13.33%), Copper: 0.26mg (12.9%), Vitamin A: 618.51IU (12.37%), Folate: 44.23µg (11.06%), Vitamin B5: 1mg (10.03%), Vitamin B3: 1.92mg (9.61%), Vitamin B1: 0.14mg (9.19%), Fiber: 2.28g (9.1%), Vitamin D: 1.09µg (7.27%), Vitamin K: 7.35µg (7%), Iron: 1.06mg (5.88%), Vitamin E: 0.61mg (4.1%)