

Roasted Veggie Pasta Bake

READY IN



85 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce alfredo sauce
- ☐ 14 ounce chicken broth low-sodium canned
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggplant thinly sliced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 onion cut into 1-inch squares
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 0.8 pound penne pasta
- ☐ 1 bell pepper red cut into chunks

- ☐ 0.5 cup mozzarella cheese shredded divided
- ☐ 1 small summer squash thinly sliced
- ☐ 1 small zucchini thinly sliced

Equipment

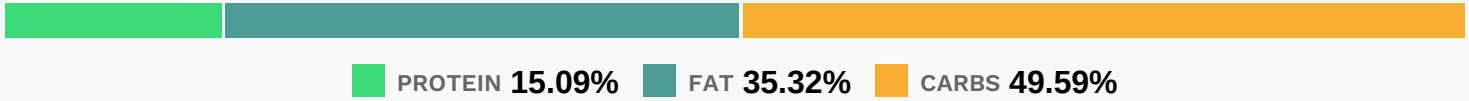
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Spread the onion, summer squash, zucchini, eggplant, and red bell pepper out onto two baking sheets with rims; drizzle vegetables with olive oil, and sprinkle with salt and black pepper.
- ☐ Roast the vegetables in the preheated oven until soft and starting to brown, 20 to 25 minutes; stir and turn over vegetables after about 10 minutes of baking. Decrease oven temperature to 375 degrees F (190 degrees C).
- ☐ While vegetables are roasting, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Grease a 2-quart casserole dish. In a saucepan, mix together the Alfredo sauce with chicken broth, and bring to a boil.
- ☐ Pour the sauce mixture into a large bowl, and stir in the roasted vegetables, penne pasta, 1/4 cup of Parmesan cheese, and 1/4 cup of mozzarella cheese until thoroughly combined. Spoon the mixture into the prepared casserole dish; sprinkle top evenly with breadcrumbs. Cover the dish.

- ☐
- Bake in the hot oven until mixture is bubbling, about 30 minutes.
- ☐
- Remove cover, and sprinkle top of casserole with remaining 1/4 cup of Parmesan and 1/4 cup of mozzarella cheeses; return to oven, and bake until the top is lightly browned and the cheese has melted, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:18.58, Inflammation Score:-7, Nutrition Score:16.975217394207%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 476.19kcal (23.81%), Fat: 18.63g (28.66%), Saturated Fat: 9.12g (57%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 53.36g (19.4%), Sugar: 8.42g (9.36%), Cholesterol: 64.22mg (21.41%), Sodium: 773.68mg (33.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.81%), Selenium: 41.9µg (59.85%), Manganese: 0.88mg (43.81%), Vitamin C: 35.29mg (42.77%), Phosphorus: 264.2mg (26.42%), Fiber: 5.47g (21.89%), Vitamin A: 853.3IU (17.07%), Calcium: 162.6mg (16.26%), Vitamin B6: 0.32mg (16.09%), Potassium: 562.18mg (16.06%), Vitamin B3: 3.08mg (15.41%), Copper: 0.31mg (15.38%), Magnesium: 59.38mg (14.85%), Folate: 56.01µg (14%), Vitamin B2: 0.22mg (13.17%), Zinc: 1.89mg (12.59%), Vitamin B1: 0.17mg (11.13%), Iron: 1.62mg (9.01%), Vitamin B5: 0.68mg (6.81%), Vitamin B12: 0.41µg (6.79%), Vitamin K: 6.03µg (5.74%), Vitamin E: 0.72mg (4.8%)