



Sharp Cheddar VELVEETA®[®], Spinach & Bacon Rotini

READY IN



25 min.

SERVINGS



25

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 3 slices oscar mayer bacon crumbled cooked
- 0.3 cup milk
- 0.1 tsp pepper
- 2 cups rotini pasta uncooked
- 8 oz sharp cheddar velveeta cut into 1/2-inch cubes

Equipment

frying pan

sauce pan

Directions

Cook pasta in large saucepan as directed on package, omitting salt. Meanwhile, cook spinach in nonstick skillet on medium heat 5 to 7 min. or just until wilted, stirring frequently.

Drain pasta; return to pan.

Add spinach and all remaining ingredients; cook on low heat 3 to 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:4.6013043730155%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 69.37kcal (3.47%), Fat: 4.34g (6.67%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.94g (1.43%), Sugar: 0.34g (0.38%), Cholesterol: 11.2mg (3.73%), Sodium: 83.71mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 33.11µg (31.53%), Vitamin A: 735.2IU (14.7%), Selenium: 6.26µg (8.95%), Calcium: 76.06mg (7.61%), Phosphorus: 61.06mg (6.11%), Manganese: 0.11mg (5.38%), Folate: 15.97µg (3.99%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.48mg (3.21%), Magnesium: 11.09mg (2.77%), Vitamin C: 1.91mg (2.32%), Vitamin B12: 0.13µg (2.12%), Potassium: 65.9mg (1.88%), Vitamin B6: 0.04mg (1.77%), Iron: 0.27mg (1.52%), Vitamin E: 0.22mg (1.5%), Vitamin B1: 0.02mg (1.43%), Copper: 0.03mg (1.35%), Vitamin B3: 0.25mg (1.23%), Fiber: 0.31g (1.22%)