



Smoked Cheese Pasta Bake

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1.5 cups cup heavy whipping cream sour reduced-fat
- ☐ 26 ounce tomatoes fat-free
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 1 pound penne pasta) (tube-shaped uncooked
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mozzarella cheese smoked shredded
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

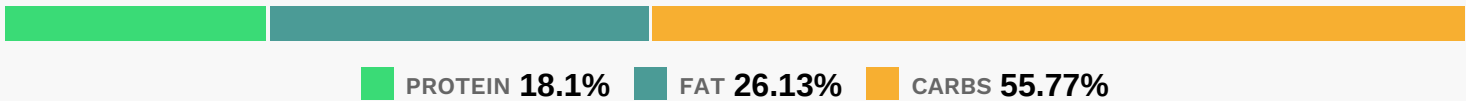
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat marinara sauce in a large saucepan over medium heat.
- ☐ Add salt, pepper, and spinach, stirring until blended; cook for 10 minutes, stirring occasionally.
- ☐ Remove from heat; stir in cooked pasta.
- ☐ Spoon half of pasta mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine sour cream, smoked cheese, and basil; spread over pasta mixture in dish. Spoon the remaining pasta mixture over sour cream mixture; sprinkle evenly with Parmigiano-Reggiano.
- ☐ Bake at 350 for 25 minutes or until bubbly.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:18.77, Inflammation Score:-10, Nutrition Score:25.020434669826%

Nutrients (% of daily need)

Calories: 372.19kcal (18.61%), Fat: 10.91g (16.79%), Saturated Fat: 6.09g (38.03%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 48.15g (17.51%), Sugar: 5.32g (5.92%), Cholesterol: 31.11mg (10.37%), Sodium: 849.96mg (36.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Vitamin K: 138.44µg (131.85%), Vitamin A: 4887.15IU (97.74%), Selenium: 43.86µg (62.66%), Manganese: 0.9mg (44.93%), Calcium: 288.79mg (28.88%), Phosphorus: 280mg (28%), Magnesium: 81.41mg (20.35%), Folate: 76.64µg (19.16%), Potassium:

635.32mg (18.15%), Vitamin E: 2.6mg (17.31%), Fiber: 4.27g (17.07%), Vitamin B2: 0.29mg (17.03%), Copper: 0.34mg (16.81%), Iron: 2.48mg (13.77%), Zinc: 2.03mg (13.55%), Vitamin B6: 0.25mg (12.68%), Vitamin C: 8.92mg (10.81%), Vitamin B3: 2.13mg (10.64%), Vitamin B12: 0.59µg (9.82%), Vitamin B1: 0.13mg (8.74%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.18µg (1.19%)