



Southwest Cheese and Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups milk
- ☐ 1 cup salsa verde green (salsa verde)
- ☐ 15 ounces corn cream-style canned
- ☐ 11 ounces corn whole with red and green peppers, drained canned
- ☐ 8 ounces pasta uncooked
- ☐ 1 loaf cheese cubed (8 oz. box)

Equipment

- ☐ frying pan

Directions

- ☐ Mix all ingredients except cheese in 12-inch nonstick skillet.
- ☐ Heat to boiling, stirring occasionally; reduce heat to low. Cover and cook 10 to 14 minutes, stirring frequently, until pasta is tender.
- ☐ Add cheese; stir until melted.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:12.43, Inflammation Score:-5, Nutrition Score:9.2486955089414%

Nutrients (% of daily need)

Calories: 284.71kcal (14.24%), Fat: 4.21g (6.47%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 50.97g (18.53%), Sugar: 8.59g (9.54%), Cholesterol: 7.49mg (2.5%), Sodium: 567.06mg (24.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Selenium: 25.38µg (36.26%), Manganese: 0.43mg (21.32%), Phosphorus: 191.27mg (19.13%), Folate: 52.39µg (13.1%), Potassium: 407.65mg (11.65%), Magnesium: 45.16mg (11.29%), Vitamin B2: 0.15mg (9%), Vitamin B3: 1.79mg (8.96%), Zinc: 1.31mg (8.74%), Calcium: 87.31mg (8.73%), Fiber: 2.06g (8.24%), Copper: 0.16mg (8.14%), Vitamin A: 388.35IU (7.77%), Vitamin B6: 0.14mg (6.78%), Vitamin C: 5.22mg (6.33%), Vitamin B1: 0.09mg (6.2%), Vitamin B12: 0.33µg (5.52%), Vitamin B5: 0.52mg (5.19%), Iron: 0.88mg (4.86%), Vitamin D: 0.67µg (4.48%)