



## Southwest Cheese 'n Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

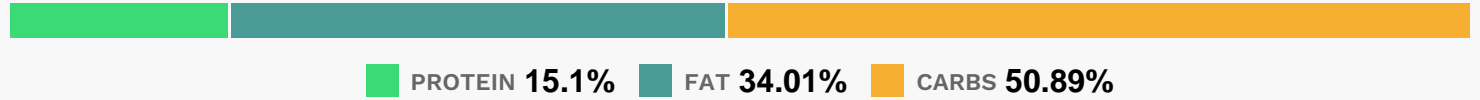
### Equipment

- 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:12.81, Inflammation Score:-6, Nutrition Score:14.35217375859%

## Nutrients (% of daily need)

Calories: 424.26kcal (21.21%), Fat: 16.17g (24.87%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 54.42g (18.14%), Net Carbohydrates: 52.36g (19.04%), Sugar: 9.44g (10.49%), Cholesterol: 45.12mg (15.04%), Sodium: 1197.6mg (52.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.3%), Calcium: 481.14mg (48.11%), Selenium: 32.97µg (47.1%), Phosphorus: 432.8mg (43.28%), Manganese: 0.44mg (22.09%), Zinc: 2.25mg (14.97%), Vitamin B12: 0.9µg (14.94%), Vitamin A: 743.89IU (14.88%), Vitamin B2: 0.24mg (14.16%), Folate: 55.38µg (13.84%), Magnesium: 54.95mg (13.74%), Potassium: 457.41mg (13.07%), Vitamin B3: 1.82mg (9.11%), Copper: 0.18mg (9.01%), Fiber: 2.06g (8.24%), Vitamin B6: 0.16mg (7.8%), Vitamin B5: 0.67mg (6.7%), Vitamin B1: 0.1mg (6.58%), Vitamin C: 5.22mg (6.33%), Iron: 1.11mg (6.18%), Vitamin D: 0.9µg (5.99%), Vitamin E: 0.42mg (2.83%), Vitamin K: 1.2µg (1.15%)