



## Spaghetti with Green Sauce

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 1 cup cilantro leaves fresh
- 2 cloves garlic chopped
- 1 bell pepper green chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1.5 cups low-moisture part-skim mozzarella cheese shredded kraft
- 1 small onion chopped
- 6 large romaine lettuce leaves

1 lb pasta like spaghetti uncooked

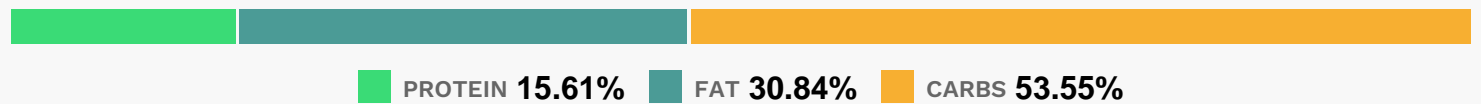
## Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

## Directions

- Heat oven to 350F.
- Cook spaghetti as directed on package, omitting salt. Meanwhile, heat 1/4 cup dressing in large nonstick skillet on medium heat.
- Add onions, peppers and garlic; cook and stir 5 min. or until crisp-tender.
- Add lettuce; cook and stir 2 min. or until wilted.
- Transfer to blender.
- Add remaining dressing, cream cheese and cilantro; blend until smooth.
- Drain spaghetti; place in large bowl.
- Add sauce; toss to coat. Spoon into 13x9-inch baking dish sprayed with cooking spray; top with mozzarella. Cover.
- Bake 10 min. or until spaghetti mixture is heated through and mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:17.53, Inflammation Score:-9, Nutrition Score:14.927825954945%

## Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg,

Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:  
3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

## **Nutrients (% of daily need)**

Calories: 360.18kcal (18.01%), Fat: 12.29g (18.9%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 48g (16%), Net  
Carbohydrates: 45.27g (16.46%), Sugar: 4.87g (5.41%), Cholesterol: 27.76mg (9.25%), Sodium: 327.27mg (14.23%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Selenium: 40.62µg (58.03%), Vitamin A: 2316IU  
(46.32%), Vitamin K: 37.79µg (35.99%), Manganese: 0.61mg (30.56%), Phosphorus: 235.68mg (23.57%), Calcium:  
204.91mg (20.49%), Vitamin C: 14.28mg (17.31%), Folate: 46.34µg (11.59%), Fiber: 2.73g (10.91%), Magnesium:  
42.9mg (10.73%), Zinc: 1.56mg (10.41%), Copper: 0.2mg (10.23%), Vitamin B6: 0.18mg (9.21%), Vitamin B2: 0.15mg  
(9.11%), Potassium: 279.23mg (7.98%), Iron: 1.16mg (6.43%), Vitamin B1: 0.09mg (6.1%), Vitamin B3: 1.19mg (5.96%),  
Vitamin E: 0.67mg (4.47%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.2µg (3.39%)