



Spicy cheese & tomato bake

READY IN



50 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g soup noodles (spirals)
- ☐ 190 g pesto rosso
- ☐ 1 pepper flakes red deseeded chopped
- ☐ 250 g cherry tomatoes halved
- ☐ 1 tsp paprika smoked
- ☐ 50 g parmesan grated (or vegetarian alternative)
- ☐ 150 g goat cheese chopped

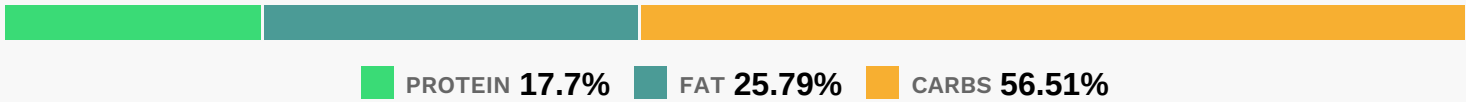
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and boil the pasta following pack instructions. Meanwhile, tip the pesto, chilli, tomatoes and paprika into a large ovenproof dish. Shake 3 tbsp water in the closed pesto jar to get out the last bits, then pour into the dish and stir everything together.
- ☐ Drain the pasta, tip into the dish, season and mix well with half the Parmesan.
- ☐ Scatter over the goats cheese, followed by the remaining Parmesan, then bake for 15–20 mins until piping hot and the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:30.51, Inflammation Score:-8, Nutrition Score:21.323478154514%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 612.64kcal (30.63%), Fat: 17.39g (26.75%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 85.73g (28.58%), Net Carbohydrates: 80.23g (29.17%), Sugar: 9.11g (10.12%), Cholesterol: 29.55mg (9.85%), Sodium: 789mg (34.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.7%), Selenium: 67.46µg (96.38%), Manganese: 1.05mg (52.58%), Phosphorus: 395.66mg (39.57%), Vitamin C: 32.23mg (39.06%), Copper: 0.63mg (31.62%), Vitamin A: 1450.37IU (29.01%), Calcium: 277.08mg (27.71%), Fiber: 5.5g (22%), Iron: 3.31mg (18.4%), Magnesium: 73.6mg (18.4%), Vitamin B6: 0.36mg (18.21%), Vitamin B2: 0.27mg (16.09%), Zinc: 2.24mg (14.91%), Potassium: 428.13mg (12.23%), Vitamin B3: 2.42mg (12.09%), Vitamin B1: 0.15mg (10.23%), Vitamin B5: 0.86mg (8.58%), Folate: 34.33µg (8.58%), Vitamin E: 0.78mg (5.19%), Vitamin K: 4.71µg (4.49%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.21µg (1.42%)