



Spinach and Pasta Bake

READY IN



65 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7 oz elbow macaroni cooked drained (2 cups)
- 1.3 cups eggs fat-free
- 1.8 cups skim milk fat-free (skim)
- 9 oz spinach frozen thawed chopped
- 0.3 teaspoon nutmeg
- 0.7 cup cheddar cheese shredded reduced-fat
- 4.5 oz mushrooms drained sliced
- 0.7 cup parmesan cheese grated
- 0.8 teaspoon pepper

- 1 teaspoon salt
- 1 cup baking mix bisquick heart smart®

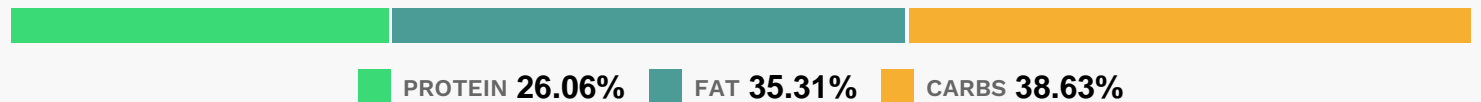
Equipment

- bowl
- oven
- whisk
- glass baking pan

Directions

- Heat oven to 375F. Grease 11x7-inch (2-quart) glass baking dish. In large bowl, stir together macaroni, spinach and mushrooms; spread in dish.
- In large bowl, beat remaining ingredients except Cheddar cheese with wire whisk or hand beater about 1 minute or until almost smooth; stir in Cheddar cheese.
- Pour over spinach mixture.
- Bake uncovered 40 to 45 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.11, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:21.757825841074%

Nutrients (% of daily need)

Calories: 240.84kcal (12.04%), Fat: 9.45g (14.54%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 21.36g (7.77%), Sugar: 5.33g (5.92%), Cholesterol: 152.38mg (50.79%), Sodium: 786.13mg (34.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Vitamin K: 120.24µg (114.51%), Vitamin A: 4147.43IU (82.95%), Selenium: 28.09µg (40.13%), Phosphorus: 362.84mg (36.28%), Vitamin B2: 0.5mg (29.4%), Calcium: 276.08mg (27.61%), Folate: 89.97µg (22.49%), Manganese: 0.41mg (20.46%), Vitamin B12: 0.87µg (14.54%), Vitamin B5: 1.25mg (12.49%), Magnesium: 49.42mg (12.36%), Vitamin B1: 0.18mg (12.21%), Zinc: 1.75mg (11.64%), Iron: 1.99mg (11.03%), Potassium: 362.64mg (10.36%), Vitamin B6: 0.2mg (10.11%), Vitamin D: 1.43µg (9.55%), Vitamin E: 1.41mg (9.4%), Copper: 0.18mg (9.08%), Vitamin B3: 1.62mg (8.12%), Fiber: 1.91g (7.63%), Vitamin C: 2.14mg (2.59%)