

## Spinach and Tomato Rotini

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cloves garlic minced
- 2 teaspoons olive oil
- 2 plum tomatoes diced
- 0.5 pound rotini pasta uncooked
- 9 ounce creamed spinach frozen thawed

### Equipment

- bowl
- pot

colander

## Directions

Bring a pot of water to a rolling boil over high heat.

Remove creamed spinach pouch from the box and place pouch in boiling water. Boil until heated through, 35 to 40 minutes, rotating serving times during heating.

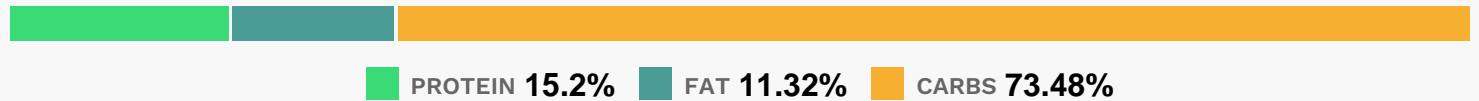
Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.

Drain well in a colander set in the sink.

Combine garlic, olive oil, and tomatoes in a large bowl. Stir in the heated creamed spinach.

Serve over rotini.

## Nutrition Facts



## Properties

Glycemic Index:71, Glycemic Load:35.54, Inflammation Score:-10, Nutrition Score:37.003913050113%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 8.2mg, Kaempferol: 8.2mg, Kaempferol: 8.2mg, Kaempferol: 8.2mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

## Nutrients (% of daily need)

Calories: 501.04kcal (25.05%), Fat: 6.35g (9.77%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 92.71g (30.9%), Net Carbohydrates: 85.47g (31.08%), Sugar: 5.22g (5.8%), Cholesterol: 0mg (0%), Sodium: 111.28mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin K: 623.65µg (593.95%), Vitamin A: 12479.24IU (249.58%), Manganese: 2.31mg (115.25%), Selenium: 73.37µg (104.81%), Folate: 277.29µg (69.32%), Vitamin C: 45.28mg (54.88%), Magnesium: 168.45mg (42.11%), Potassium: 1123.74mg (32.11%), Phosphorus: 296.3mg (29.63%), Fiber: 7.24g (28.97%), Iron: 5.17mg (28.73%), Copper: 0.54mg (26.96%), Vitamin B6: 0.5mg (24.83%), Vitamin E: 3.63mg (24.18%), Vitamin B2: 0.32mg (19.07%), Vitamin B3: 3.24mg (16.2%), Calcium: 161.78mg (16.18%), Zinc: 2.42mg (16.1%), Vitamin B1: 0.23mg (15.37%), Vitamin B5: 0.64mg (6.45%)