



## Spinach Cheese Pasta

READY IN



25 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounce curd cottage cheese
- 0.3 cup olive oil extra virgin
- 10 ounce pkt spinach frozen chopped
- 2 cloves garlic pressed
- 3 ounce parmesan cheese finely grated
- 16 ounce extra wide egg noodles

### Equipment

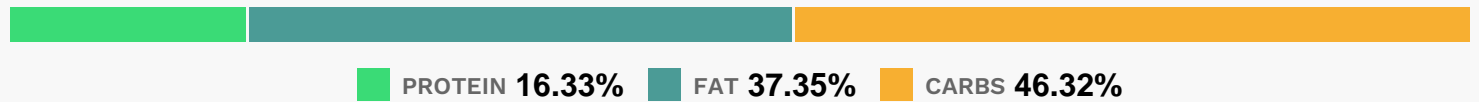
- frying pan

pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add egg noodles and cook for 8 to 10 minutes or until al dente.
- Drain, and return to the pot.
- Heat the olive oil in a skillet, and cook the garlic and spinach 3 to 5 minutes, until well coated.
- Transfer to the pot with the drained pasta. Toss in the cottage cheese. Top with Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.63, Glycemic Load:17.29, Inflammation Score:-10, Nutrition Score:22.240000190942%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 381.22kcal (19.06%), Fat: 15.92g (24.49%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 41.51g (15.1%), Sugar: 2.07g (2.3%), Cholesterol: 61.7mg (20.57%), Sodium: 313.78mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.31%), Vitamin K: 137.72µg (131.16%), Vitamin A: 4322.2IU (86.44%), Selenium: 53.38µg (76.26%), Manganese: 0.76mg (37.82%), Phosphorus: 267.63mg (26.76%), Calcium: 184.51mg (18.45%), Folate: 71.89µg (17.97%), Vitamin E: 2.61mg (17.41%), Magnesium: 65.64mg (16.41%), Vitamin B2: 0.21mg (12.6%), Zinc: 1.87mg (12.46%), Copper: 0.23mg (11.71%), Fiber: 2.91g (11.66%), Vitamin B6: 0.21mg (10.72%), Iron: 1.88mg (10.43%), Vitamin B1: 0.14mg (9.45%), Potassium: 313.1mg (8.95%), Vitamin B5: 0.75mg (7.47%), Vitamin B12: 0.43µg (7.16%), Vitamin B3: 1.41mg (7.06%), Vitamin C: 2.18mg (2.65%), Vitamin D: 0.25µg (1.68%)