



Spinach Pasta Toss

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 oz baby spinach leaves
- 14 oz canned tomatoes diced italian-style undrained canned
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 2 cups multi-grain penne pasta uncooked
- 1 cup water

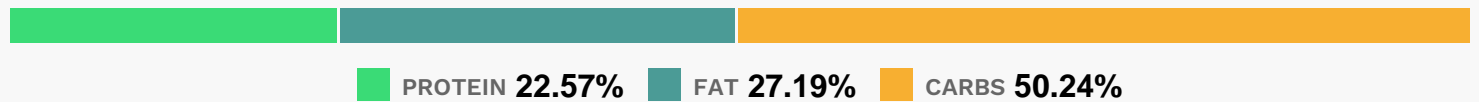
Equipment

- sauce pan

Directions

- Bring tomatoes, pasta and water to boil in large saucepan; stir. Cover; simmer on medium-low heat 10 min. or just until pasta is tender.
- Add half the spinach; simmer, covered, 2 min. or just until wilted. Stir. Repeat with remaining spinach.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:5.8547825968784%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 38.51kcal (1.93%), Fat: 1.27g (1.96%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.74g (0.82%), Cholesterol: 0.9mg (0.3%), Sodium: 38.39mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin K: 50.14µg (47.75%), Vitamin A: 991.13IU (19.82%), Manganese: 0.27mg (13.36%), Folate: 24.6µg (6.15%), Selenium: 3.7µg (5.29%), Vitamin C: 4.33mg (5.25%), Magnesium: 18.2mg (4.55%), Iron: 0.66mg (3.65%), Copper: 0.07mg (3.28%), Potassium: 113.78mg (3.25%), Vitamin B1: 0.04mg (2.89%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.41mg (2.7%), Calcium: 26.67mg (2.67%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 22.47mg (2.25%), Fiber: 0.53g (2.1%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.21mg (1.41%)