



Three Cheese Spinach and Pasta Bake

READY IN



65 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 oz shells
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup onion finely chopped
- 18 oz spinach frozen thawed
- 4 oz mozzarella cheese shredded
- 4 oz feta cheese crumbled (1 cup)
- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 0.5 teaspoon pepper

- 1.8 cups milk
- 1 cup frangelico

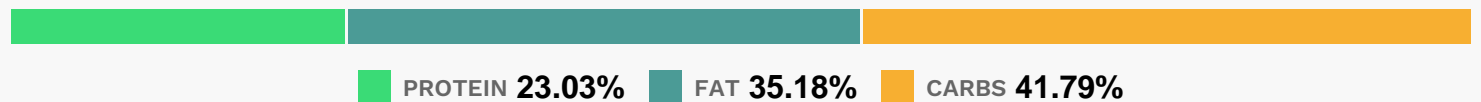
Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Cook and drain pasta as directed on pack- age, using minimum cook time. Meanwhile, in 8- inch nonstick skillet, cook mushrooms and onion over medium heat about 5 minutes, stir- ring frequently, until softened.
- In large bowl, stir together cooked pasta and spinach. Stir in mushroom mixture.
- Spread in baking dish. In another bowl, stir remaining ingredients until blended.
- Pour over pasta mixture.
- Bake uncovered 35 to 40 minutes or until top is golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:7.16, Inflammation Score:-10, Nutrition Score:21.366521690203%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 198.99kcal (9.95%), Fat: 7.95g (12.23%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.8g (6.84%), Sugar: 3.65g (4.06%), Cholesterol: 27.07mg (9.02%), Sodium: 547.75mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.41%), Vitamin K: 190.68µg (181.6%), Vitamin A: 6206.82IU (124.14%), Selenium: 23.34µg (33.35%), Manganese: 0.58mg (29.08%), Calcium: 267.34mg (26.73%), Vitamin B2: 0.42mg (24.52%), Phosphorus: 225.95mg (22.6%), Folate: 86.82µg (21.7%), Magnesium: 62.12mg (15.53%), Vitamin B12: 0.73µg (12.25%), Vitamin B6: 0.23mg (11.28%), Zinc: 1.67mg (11.13%), Potassium: 385.98mg (11.03%), Copper: 0.21mg (10.63%), Vitamin E: 1.59mg (10.57%), Fiber: 2.43g (9.74%), Vitamin B1: 0.13mg (8.79%), Iron: 1.49mg (8.3%), Vitamin B3: 1.59mg (7.96%), Vitamin B5: 0.78mg (7.75%), Vitamin C: 3.58mg (4.34%), Vitamin D: 0.62µg (4.15%)