



Two-Cheese Pasta Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces mostaccioli pasta
- ☐ 26 ounces pasta sauce
- ☐ 15 ounces ricotta cheese
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup pimientos sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon pepper

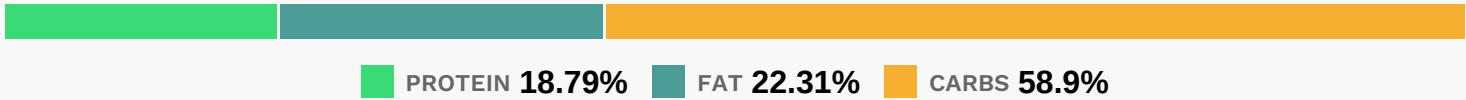
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°. Cook and drain pasta as directed on package.
- ☐ Mix pasta and remaining ingredients. Spoon into ungreased rectangular baking dish, 13x9x2 inches.
- ☐ Cover and bake about 40 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:19.19, Inflammation Score:-10, Nutrition Score:24.919130325317%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 343.98kcal (17.2%), Fat: 8.63g (13.27%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 46.72g (16.99%), Sugar: 5.46g (6.07%), Cholesterol: 28.2mg (9.4%), Sodium: 535.53mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin K: 145.6µg (138.67%), Vitamin A: 4997.11IU (99.94%), Selenium: 46.73µg (66.75%), Manganese: 0.91mg (45.56%), Phosphorus: 244.87mg (24.49%), Folate: 79.21µg (19.8%), Calcium: 197.26mg (19.73%), Magnesium: 78.83mg (19.71%), Vitamin C: 15.54mg (18.83%), Fiber: 4.52g (18.07%), Potassium: 608.14mg (17.38%), Vitamin B2: 0.29mg (17.3%), Vitamin E: 2.57mg (17.15%), Copper: 0.34mg (17.05%), Iron: 2.73mg (15.15%), Vitamin B6: 0.28mg (13.78%), Zinc: 1.91mg (12.74%), Vitamin B3: 2.2mg (11%), Vitamin B1: 0.12mg (7.81%), Vitamin B5: 0.69mg (6.86%), Vitamin B12: 0.2µg (3.29%)