

Vegetarian Baked Pasta

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 2 cloves garlic minced
- ☐ 8 ounces gorgonzola cheese crumbled
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound penne pasta
- ☐ 8 ounces portabello mushrooms cut into 1/2 inch pieces
- ☐ 4 cups mozzarella cheese shredded

☐ 28 ounce spaghetti sauce

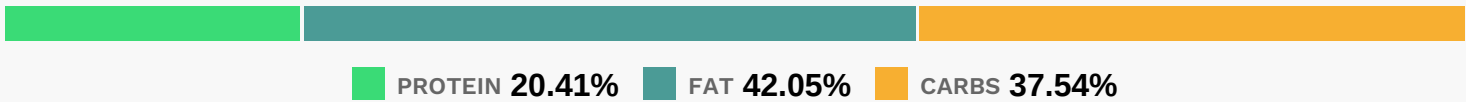
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Pour a glass of ice water over the pasta to stop the cooking, but do not rinse thoroughly.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a 9 x 13 glass pan with olive oil.
- ☐ Heat 2 tablespoons olive oil in large skillet.
- ☐ Add mushrooms. Cook for 2 minutes then add basil, oregano and garlic and cook 1 minute more.
- ☐ Add sauce to mushroom mixture and stir.
- ☐ To assemble, pour enough sauce in the bottom of the pan to cover.
- ☐ Combine the remaining sauce and the pasta.
- ☐ Place one-third of sauced noodles on top of sauce in pan. Top with 1 cup of mozzarella and one-half of the gorgonzola. Repeat for a second layer.
- ☐ Put the final third of the noodles in the pan and top with the final 2 cups of mozzarella.
- ☐ Bake for 30 to 45 minutes, or until cheese is browned.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:19.3, Inflammation Score:-8, Nutrition Score:21.263478310212%

Flavonoids

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: 541.49kcal (27.07%), Fat: 25.42g (39.12%), Saturated Fat: 13.37g (83.57%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 47.23g (17.18%), Sugar: 6.49g (7.21%), Cholesterol: 65.5mg (21.83%), Sodium: 1153.77mg (50.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.53%), Selenium: 55.45µg (79.22%), Phosphorus: 474.38mg (47.44%), Calcium: 467.32mg (46.73%), Manganese: 0.7mg (35.11%), Vitamin B12: 1.64µg (27.28%), Zinc: 3.58mg (23.88%), Vitamin B2: 0.41mg (23.87%), Vitamin A: 1029.75IU (20.6%), Copper: 0.38mg (19.15%), Potassium: 648.94mg (18.54%), Vitamin B3: 3.59mg (17.96%), Magnesium: 64.41mg (16.1%), Fiber: 3.84g (15.36%), Vitamin B6: 0.3mg (15.05%), Vitamin E: 2.24mg (14.92%), Vitamin B5: 1.45mg (14.51%), Iron: 2.35mg (13.05%), Folate: 42.2µg (10.55%), Vitamin K: 10.62µg (10.11%), Vitamin C: 7.19mg (8.71%), Vitamin B1: 0.12mg (7.91%), Vitamin D: 0.45µg (3.01%)