



## Weeknight Italian Pasta Bake

READY IN



50 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bell pepper green chopped
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 9 oz cheese tortellini refrigerated
- 1.8 cups classico tomato and basil pasta sauce
- 0.5 cup water boiling
- 1 zucchini sliced

### Equipment

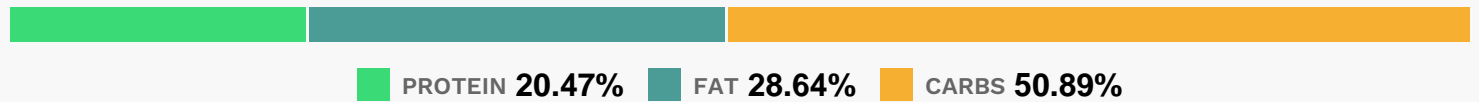
- oven

baking pan

## Directions

- Heat oven to 375F.
- Combine all ingredients except cheese in 13x9-inch baking dish; cover.
- Bake 30 min.; stir.
- Sprinkle with cheese.
- Bake, uncovered, 10 min.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:12.87, Inflammation Score:-5, Nutrition Score:7.8873913041923%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 287.59kcal (14.38%), Fat: 9.17g (14.11%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 31.49g (11.45%), Sugar: 7.82g (8.69%), Cholesterol: 33.2mg (11.07%), Sodium: 575.41mg (25.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Vitamin C: 35.31mg (42.81%), Calcium: 228.94mg (22.89%), Fiber: 5.17g (20.68%), Iron: 2.26mg (12.54%), Vitamin A: 603.54IU (12.07%), Potassium: 366.71mg (10.48%), Phosphorus: 89.39mg (8.94%), Vitamin B6: 0.16mg (7.82%), Manganese: 0.12mg (6.22%), Vitamin B2: 0.1mg (5.69%), Vitamin K: 4.53µg (4.32%), Folate: 15.99µg (4%), Zinc: 0.58mg (3.9%), Magnesium: 15.31mg (3.83%), Selenium: 2.11µg (3.02%), Vitamin B1: 0.04mg (2.77%), Copper: 0.05mg (2.69%), Vitamin B12: 0.11µg (1.91%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.14mg (1.4%), Vitamin E: 0.19mg (1.26%)