

Rotini and White Cheese Sauce

Publix Aprons
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Servings: 8

16 ounces rotini pasta
2 jars (15 ounce ea) Bertoli Garlic
Alfredo Sauce with Parmesan Cheese
8 ounces fancy shredded mozzarella
cheese
8 ounces six-cheese Italian-recipe
blend shredded cheese
2 cups whole milk
1/2 teaspoon garlic powder
1/2 teaspoon ground mustard
(optional)
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg

In a large saucepan, bring water to a boil for the pasta. Cook the pasta for 10 minutes. Drain. Return the pasta to the same pan.

Reduce the heat to medium-low. Stir in the remaining ingredients. Cook for 4 to 5 more minutes, stirring often, or until the pasta is tender and the sauce is bubbly. Serve.

Start to Finish Time: 20 minutes

If using a different size or shape of pasta, cook following the package directions. Adjust the consistency of the sauce, if needed, with a little cold milk.

Per Serving (excluding unknown items): 39 Calories; 2g Fat (47.5% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	39
% Calories from Fat:	47.5%
% Calories from Carbohydrates:	31.6%
% Calories from Protein:	21.0%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	30mg	Vegetable:	0
Potassium (mg):	96mg	Fruit:	0
Calcium (mg):	74mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	77IU		
Vitamin A (r.e.):	23RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 39 Calories from Fat: 18

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	8mg	3%
Sodium	30mg	1%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	2%
Vitamin C	1%
Calcium	7%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.