



 **30%**
HEALTH SCORE

Baked Pasta with Sausage, Tomatoes, and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 garlic clove minced
- 1 cup onion chopped
- 4 ounces parmesan fresh grated
- 29 ounce canned tomatoes undrained canned
- 0.3 teaspoon salt

- 1 pound turkey sausage italian hot
- 4 ounces mozzarella fresh shredded
- 1 tablespoon tomato paste
- 1 pound soup noodles tube-shaped uncooked (short pasta)

Equipment

- frying pan
- oven

Directions

- Preheat oven to 35
- Cook pasta according to package directions, omitting salt and fat.
- Drain the pasta, and set aside.
- Remove casings from sausage. Cook sausage, onion, and garlic in a large nonstick skillet over medium heat until browned, stirring to crumble.
- Add the tomato paste, salt, pepper, and tomatoes, and bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Combine cooked pasta, sausage mixture, and basil.
- Place half of the pasta mixture in a 4-quart casserole coated with cooking spray. Top with half of mozzarella and half of Parmesan. Repeat layers.
- Bake at 350 for 25 minutes or until bubbly.

Nutrition Facts



PROTEIN 23.58% FAT 26.25% CARBS 50.17%

Properties

Glycemic Index:51, Glycemic Load:19.97, Inflammation Score:-7, Nutrition Score:22.340869722159%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 442.17kcal (22.11%), Fat: 12.98g (19.97%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 51.05g (18.56%), Sugar: 9.21g (10.24%), Cholesterol: 50.89mg (16.96%), Sodium: 1070.65mg (46.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Selenium: 54.96µg (78.51%), Iron: 7.86mg (43.69%), Manganese: 0.82mg (41.11%), Phosphorus: 403.04mg (40.3%), Vitamin C: 29.11mg (35.29%), Calcium: 307.82mg (30.78%), Vitamin B6: 0.51mg (25.45%), Vitamin B3: 4.46mg (22.3%), Copper: 0.44mg (22.25%), Zinc: 3.16mg (21.04%), Magnesium: 77.95mg (19.49%), Fiber: 4.75g (19.02%), Potassium: 620.82mg (17.74%), Vitamin B2: 0.28mg (16.66%), Vitamin B1: 0.19mg (12.71%), Vitamin A: 619.56IU (12.39%), Vitamin B12: 0.74µg (12.28%), Vitamin K: 12.72µg (12.11%), Vitamin B5: 1.1mg (11.02%), Vitamin E: 1.51mg (10.06%), Folate: 35.18µg (8.79%)