



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
- ☐ 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)

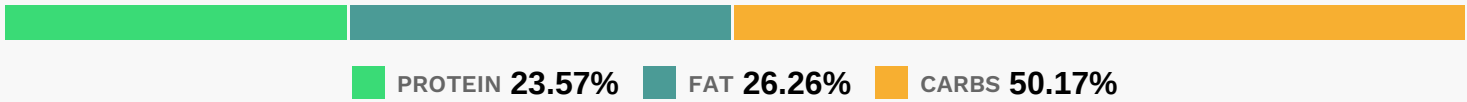
Equipment

- ☐ 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



Properties

Glycemic Index:42.25, Glycemic Load:19.96, Inflammation Score:-7, Nutrition Score:22.106086881264%

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: 442kcal (22.1%), Fat: 12.97g (19.96%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 51.04g (18.56%), Sugar: 9.21g (10.23%), Cholesterol: 50.89mg (16.96%), Sodium: 1070.62mg (46.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.41%), Selenium: 54.95µg (78.51%), Iron: 7.84mg (43.55%), Manganese: 0.81mg (40.68%), Phosphorus: 402.62mg (40.26%), Vitamin C: 28.98mg (35.12%), Calcium: 306.49mg (30.65%), Vitamin B6: 0.51mg (25.39%), Vitamin B3: 4.45mg (22.27%), Copper: 0.44mg (22.1%), Zinc: 3.15mg (21%), Magnesium: 77.47mg (19.37%), Fiber: 4.74g (18.97%), Potassium: 618.6mg (17.67%), Vitamin B2: 0.28mg (16.63%), Vitamin B1: 0.19mg (12.69%), Vitamin B12: 0.74µg (12.28%), Vitamin A: 579.99IU (11.6%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.5mg (10.02%), Vitamin K: 9.61µg (9.15%), Folate: 34.67µg (8.67%)