



## Baked Penne and Smoked Sausage

READY IN



58 min.

SERVINGS



6

CALORIES



644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1.5 cups french-fried onions divided
- 2.5 cups milk
- 1 cup peas frozen
- 8 ounces penne pasta uncooked
- 1 cup cheddar cheese shredded divided
- 16 ounce sausage smoked hillshire farm®

### Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 375 degrees F.
- Cut sausage into 1/4-inch slices.
- Heat a large skillet over medium-high heat for 3 minutes.
- Add sausage; cook and stir for 3 to 4 minutes or until lightly browned.
- Combine soup and milk in a 13x9-inch baking dish. Stir in uncooked pasta, sausage, 1/2 cup French-fried onions, 1/2 cup cheese and peas. Cover baking dish tightly with foil.
- Bake for 45 minutes.
- Remove foil and top with remaining 1 cup French-fried onions and 1/2 cup cheese.
- Bake for 3 minutes or until cheese is melted.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.22, Glycemic Load:14.21, Inflammation Score:-5, Nutrition Score:18.866521773131%

## Nutrients (% of daily need)

Calories: 643.69kcal (32.18%), Fat: 38.43g (59.12%), Saturated Fat: 16.11g (100.69%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 44.2g (16.07%), Sugar: 7.33g (8.15%), Cholesterol: 87.25mg (29.08%), Sodium: 1283.1mg (55.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.85%), Selenium: 41.49µg (59.27%), Phosphorus: 382.1mg (38.21%), Vitamin B12: 1.97µg (32.86%), Manganese: 0.63mg (31.6%), Calcium: 279.5mg (27.95%), Zinc: 4.09mg (27.3%), Vitamin B2: 0.44mg (25.7%), Vitamin B1: 0.37mg (24.49%), Vitamin B3: 4.16mg (20.8%), Vitamin B6: 0.32mg (15.92%), Copper: 0.31mg (15.3%), Potassium: 517.14mg (14.78%), Magnesium: 57.92mg (14.48%), Vitamin D: 2.06µg (13.75%), Vitamin C: 9.67mg (11.72%), Iron: 1.99mg (11.05%), Vitamin A: 538.28IU (10.77%), Fiber: 2.69g (10.75%), Vitamin B5: 1.07mg (10.74%), Folate: 33.05µg (8.26%), Vitamin K: 6.79µg

(6.46%), Vitamin E: 0.27mg (1.77%)