



## Baked Penne with Italian Sausage

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced with garlic canned
- 2 teaspoons olive oil
- 1 cup onion chopped
- 12 ounce penne pasta dry
- 1 pound mild sausage italian
- 2 cups mozzarella cheese shredded
- 6 ounce tomato paste canned

0.5 cup white wine

## Equipment

frying pan

oven

pot

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large, deep skillet.

Place sausage and onion in the skillet and cook over medium high heat until evenly brown.

Drain excess fat.

Pour in wine, and cook for 1 minute, stirring, to deglaze the pan. Stir in tomato sauce, diced tomatoes and tomato paste. Simmer for 10 minutes, stirring occasionally. Toss with cooked pasta, and place in a 9x13 inch baking dish.

Sprinkle top with mozzarella.

Bake in preheated oven for 20 minutes, or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:43.33, Glycemic Load:21.2, Inflammation Score:-7, Nutrition Score:24.672173831774%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg  
Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg,  
Quercetin: 5.42mg

## **Nutrients (% of daily need)**

Calories: 670.78kcal (33.54%), Fat: 34.73g (53.43%), Saturated Fat: 13.85g (86.56%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 52.31g (19.02%), Sugar: 10.01g (11.12%), Cholesterol: 86.95mg (28.98%), Sodium: 1256mg (54.61%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 29.19g (58.38%), Selenium: 62.09µg (88.7%), Manganese: 0.89mg (44.29%), Phosphorus: 408.14mg (40.81%), Vitamin B1: 0.59mg (39.64%), Vitamin B6: 0.58mg (28.89%), Vitamin B3: 5.4mg (26.99%), Calcium: 264.85mg (26.48%), Vitamin B12: 1.54µg (25.65%), Potassium: 893.52mg (25.53%), Copper: 0.5mg (24.92%), Zinc: 3.73mg (24.86%), Vitamin B2: 0.37mg (21.96%), Iron: 3.85mg (21.39%), Vitamin C: 17.36mg (21.04%), Magnesium: 82.77mg (20.69%), Fiber: 5.17g (20.68%), Vitamin E: 2.56mg (17.08%), Vitamin A: 768.04IU (15.36%), Vitamin B5: 1.21mg (12.13%), Folate: 43.1µg (10.78%), Vitamin K: 9.02µg (8.59%)