

Baked Turkey Sausage and Swiss Chard Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup mozzarella cheese grated reduced-fat
- 1.5 tablespoons olive oil plus additional oil extra-virgin for brushing pan
- 0.3 cup parmigiano-reggiano finely grated reduced-fat
- 2 pounds plum tomatoes quartered
- 2 small onions red sliced
- 9 ounces turkey sausage links hot
- 0.8 pound swiss chard chopped coarsely chopped
- 16 ounce soup noodles dried whole-wheat such as chioccioline or pipette

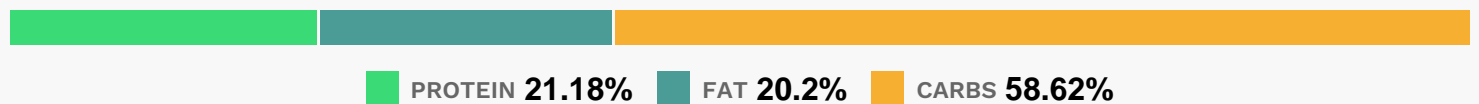
Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish

Directions

- Preheat oven to 400 degrees F. Lightly brush bottom of 2 sheet pans with olive oil. Arrange tomatoes cut sides up on one half of one pan and sausage on remaining side.
- Spread chard stems in one layer on one half of remaining sheet pan and place onions on other half. Season all with salt and pepper to taste. Roast vegetables and sausage in upper and lower thirds of oven, stirring onions and chard occasionally, until golden and tender, about 15 minutes for chard and onion and 30 minutes for tomatoes and sausage.
- Transfer vegetables, as cooked, to a large bowl. When cool enough to handle, quarter sausage lengthwise and cut crosswise into 1/2-inch pieces; add to bowl.
- Meanwhile, cook pasta in a 4-quart pot of boiling salted water, stirring occasionally, until al dente, about 8 minutes. Reserve 1/2 cup pasta cooking water and drain pasta.
- Add pasta and chard leaves to bowl with cooking water and gently toss to combine.
- Transfer pasta mixture to a shallow 2-1/2-quart casserole dish and sprinkle top with cheeses.
- Bake pasta in middle of oven, uncovered, until golden on top, about 20 minutes.
- Serve pasta from dish at table.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:36.359129936799%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 444.73kcal (22.24%), Fat: 10.51g (16.17%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 68.65g (22.88%), Net Carbohydrates: 65.31g (23.75%), Sugar: 6.26g (6.95%), Cholesterol: 38.71mg (12.9%), Sodium: 493.35mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Vitamin K: 484.97µg (461.88%), Manganese: 2.75mg (137.36%), Vitamin A: 4822.29IU (96.45%), Selenium: 57.71µg (82.45%), Vitamin C: 41.42mg (50.2%), Magnesium: 185.67mg (46.42%), Phosphorus: 401.04mg (40.1%), Vitamin B3: 7.02mg (35.1%), Vitamin B1: 0.5mg (33.33%), Copper: 0.59mg (29.38%), Vitamin B6: 0.58mg (29.06%), Iron: 4.82mg (26.75%), Zinc: 3.9mg (26.02%), Potassium: 909.81mg (25.99%), Folate: 83.65µg (20.91%), Vitamin B2: 0.33mg (19.41%), Calcium: 188.81mg (18.88%), Vitamin E: 2.47mg (16.48%), Vitamin B5: 1.48mg (14.79%), Fiber: 3.34g (13.38%), Vitamin B12: 0.65µg (10.9%)