




 **35%**
HEALTH SCORE

Baked Ziti with Johnsonville Italian Sausage

READY IN

45 min.

SERVINGS

5

CALORIES

966 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 4 cups ziti cooked
- 1 small eggplant cut into 1/2-inch cubes
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 3 cloves garlic minced peeled
- 19.8 ounce sausage sweet italian hot johnsonville® (can use mild or sausage)
- 0.3 cup kalamata olives chopped
- 5 servings kosher salt fresh to taste

- 3 tablespoons olive oil
- 1 medium onion chopped
- 0.5 cup parmesan shredded
- 0.5 cup red wine
- 2.5 cups mozzarella cheese shredded

Equipment

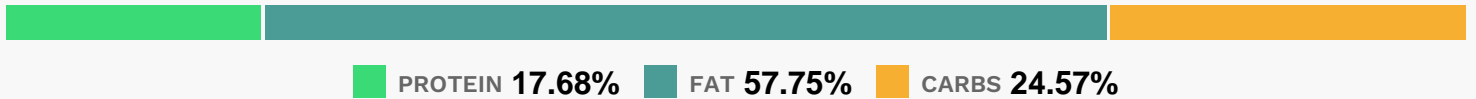
- bowl
- frying pan
- oven
- pot
- baking pan
- wooden spoon
- aluminum foil

Directions

- Bring a large pot of salted water to a boil. Cook the pasta until al dente.
- Drain and rinse in cold water, cover and set aside.
- Position a rack in the upper third of an oven and preheat to 400 degrees F.
- In a 12-inch nonstick fry pan.
- Heat 1 tablespoon oil over medium heat.
- Add decased sausage and cook, crumbling with a wooden spoon, until no longer pink and cooked through about 5-7 minutes.
- Remove from heat and transfer to a large bowl.
- Using the same pan, heat 4 teaspoons of the olive oil.
- Add the eggplant and cook, stirring occasionally, until tender and the edges are starting to brown, about 6-8 minutes.
- Remove from heat and transfer to the bowl with the sausage.
- Set the same pan over medium heat and warm the remaining 2 teaspoon olive oil.

- Add the onion and cook until softened.
- Add the garlic and cook for 1 minute.
- Add the wine, increase the heat to medium-high and bring to a boil, stirring to scrape up any brown bits. Cook until the liquid is almost evaporated, about 3 minutes.
- Add the can of crushed tomatoes and simmer until thickened, about 10 minutes.
- In the bowl with the eggplant and sausage, add the cooked pasta, basil, olives, 2 cups of the mozzarella and the tomato sauce and mix to combine; season with salt and pepper.
- Transfer this mixture to a 9x13" lightly oiled baking dish (or the oven proof 12 inch fry pan).
- Sprinkle the remaining 1/2 cup of mozzarella and the parmesan cheese on top. Cover with aluminum foil and bake for 25 minutes. Uncover and broil for 2-4 minutes, keeping a close eye, until the cheese is lightly golden.

Nutrition Facts



Properties

Glycemic Index:80.8, Glycemic Load:19.81, Inflammation Score:-8, Nutrition Score:34.785652248756%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 78.97mg, Delphinidin: 78.97mg, Delphinidin: 78.97mg, Delphinidin: 78.97mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 966.37kcal (48.32%), Fat: 61.36g (94.4%), Saturated Fat: 23.21g (145.09%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 50.72g (18.44%), Sugar: 13.31g (14.79%), Cholesterol: 136.19mg (45.4%), Sodium:

1881.18mg (81.79%), Alcohol: 2.54g (100%), Protein: 42.26g (84.52%), Selenium: 71.62µg (102.32%), Phosphorus: 606.6mg (60.66%), Vitamin B1: 0.87mg (58.18%), Manganese: 1.15mg (57.26%), Calcium: 513.04mg (51.3%), Vitamin B6: 0.82mg (40.9%), Vitamin B12: 2.42µg (40.27%), Vitamin B3: 7.21mg (36.06%), Zinc: 5.28mg (35.22%), Potassium: 1197.98mg (34.23%), Fiber: 8.05g (32.19%), Copper: 0.64mg (31.96%), Vitamin B2: 0.54mg (31.94%), Magnesium: 109.36mg (27.34%), Iron: 4.91mg (27.25%), Vitamin K: 28.48µg (27.13%), Vitamin E: 4.02mg (26.79%), Vitamin C: 21.48mg (26.04%), Vitamin A: 982.11IU (19.64%), Folate: 69.39µg (17.35%), Vitamin B5: 1.65mg (16.53%), Vitamin D: 0.27µg (1.83%)