



Cheesy Pasta Bake

READY IN



59 min.

SERVINGS



8

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons torn basil
- 0.3 teaspoon pepper red crushed
- 0.5 cup basil fresh chopped
- 6 garlic cloves minced
- 12 ounces ground turkey breast
- 8 ounces turkey sausage sweet italian
- 5 cups lower-sodium marinara sauce (such as McCutcheon's)
- 1.5 tablespoons olive oil
- 2 cups onion chopped

- 0.5 cup parmigiano-reggiano cheese divided packed grated
- 0.5 cup red wine
- 6 ounces whole-milk mozzarella cheese thinly sliced
- 14 ounces ziti uncooked

Equipment

- bowl
- frying pan
- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 35
- Cook pasta according to the package directions, omitting salt and fat; drain and set aside.
- Place turkey and sausage in a medium bowl, and mix well with hands to combine.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add turkey mixture to pan; cook 8 minutes or until browned, stirring to crumble.
- Remove from pan.
- Add oil to pan; swirl to coat.
- Add onion and pepper; saut 4 minutes.
- Add garlic; saut for 5 minutes or until onion is tender.
- Add wine, scraping the pan to loosen browned bits, and cook for 4 minutes or until liquid almost evaporates. Stir in pasta, turkey mixture, marinara sauce, and 1/2 cup basil. Spoon mixture into a 13 x 9inch glass or ceramic baking dish coated with cooking spray. Top with mozzarella and 1/4 cup Parmigiano-Reggiano.
- Bake at 350 for 25 minutes or until bubbly and cheese melts and begins to brown.
- Remove from oven; sprinkle with basil leaves and the remaining 1/4 cup Parmigiano-Reggiano cheese.

Nutrition Facts

PROTEIN 23.81% FAT 35.71% CARBS 40.48%

Properties

Glycemic Index:47.63, Glycemic Load:18.86, Inflammation Score:-8, Nutrition Score:23.208695209545%

Flavonoids

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Nutrients (% of daily need)

Calories: 510.76kcal (25.54%), Fat: 19.98g (30.74%), Saturated Fat: 7.81g (48.8%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 46.32g (16.84%), Sugar: 8.87g (9.85%), Cholesterol: 65.98mg (21.99%), Sodium: 1194.89mg (51.95%), Alcohol: 1.59g (100%), Alcohol %: 0.56% (100%), Protein: 29.98g (59.97%), Selenium: 54.29µg (77.56%), Phosphorus: 410.34mg (41.03%), Manganese: 0.78mg (38.92%), Vitamin B6: 0.77mg (38.62%), Vitamin B3: 7.57mg (37.85%), Potassium: 878.11mg (25.09%), Calcium: 237.85mg (23.79%), Zinc: 3.22mg (21.46%), Copper: 0.4mg (20.17%), Vitamin B1: 0.3mg (20.14%), Magnesium: 80.3mg (20.08%), Vitamin A: 991.54IU (19.83%), Vitamin B2: 0.32mg (18.97%), Fiber: 4.67g (18.66%), Vitamin C: 15.31mg (18.56%), Vitamin E: 2.77mg (18.47%), Iron: 3.2mg (17.79%), Vitamin B12: 1.03µg (17.24%), Vitamin K: 15.14µg (14.42%), Vitamin B5: 1.34mg (13.36%), Folate: 39.5µg (9.88%), Vitamin D: 0.29µg (1.91%)