



Cheesy Sausage and Penne Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces penne pasta uncooked
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon seasoning italian
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped
- 3 cups milk
- 8 ounces cheese shredded italian-style

- 0.5 cup parmesan cheese grated
- 8 ounces andouille smoked sliced
- 0.3 teaspoon seasoning italian

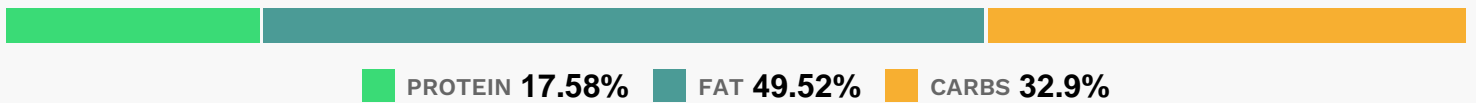
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350°. Cook and drain pasta as directed on package.
- While pasta is cooking, melt butter in 3-quart saucepan over low heat. Stir in flour, salt, 1/2 tea-spoon Italian seasoning, the pepper and garlic. Cook over medium-low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk.
- Heat to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in Italian cheese blend and 1/4 cup of the Parmesan cheese until melted.
- Gently stir pasta and sausage into cheese sauce.
- Pour into ungreased 3-quart casserole.
- Sprinkle with remaining 1/4 cup Parmesan cheese and 1/4 teaspoon Italian seasoning.
- Bake uncovered about 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:20.51, Inflammation Score:-6, Nutrition Score:18.379565390556%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 606.4kcal (30.32%), Fat: 33.14g (50.98%), Saturated Fat: 13.74g (85.87%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 47.68g (17.34%), Sugar: 7.56g (8.4%), Cholesterol: 78.59mg (26.2%), Sodium: 1035.94mg (45.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.94%), Selenium: 48.99µg (69.98%), Phosphorus: 451.32mg (45.13%), Calcium: 437.35mg (43.74%), Vitamin B12: 2.21µg (36.89%), Manganese: 0.56mg (27.91%), Vitamin B2: 0.44mg (25.71%), Zinc: 3.5mg (23.31%), Vitamin B1: 0.28mg (18.71%), Vitamin A: 868.37IU (17.37%), Magnesium: 57.58mg (14.39%), Vitamin B3: 2.63mg (13.14%), Vitamin D: 1.95µg (13%), Vitamin B6: 0.25mg (12.28%), Potassium: 423.58mg (12.1%), Vitamin B5: 0.95mg (9.53%), Copper: 0.18mg (9.19%), Iron: 1.64mg (9.09%), Fiber: 1.85g (7.39%), Folate: 26.6µg (6.65%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.15µg (3%)