



Cheesy Smoked Sausage Casserole

READY IN



80 min.

SERVINGS



15

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce processed cheese food shredded kraft® (such as Melts)
- 1 pound beef sausage smoked cut into bite-size pieces
- 1 teaspoon butter
- 1 teaspoon parsley flakes dried
- 3 cups elbow macaroni
- 0.3 teaspoon garlic powder to taste
- 15 servings salt and ground pepper black to taste
- 2 ounces monterrey jack cheese shredded
- 2 teaspoons olive oil to taste

- 0.3 teaspoon onion powder to taste
- 2 ounces sharp cheddar cheese shredded
- 29 2 (14.5 ounce) cans stewed tomatoes chopped canned
- 1 small onion diced sweet

Equipment

- bowl
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Butter a 9x13-inch baking dish and oil with 1 teaspoon olive oil.
- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes.
- Drain.
- Stir sausage, tomatoes and reserved juice, onion, Cheddar cheese, Monterey Jack cheese, 2 teaspoons olive oil, parsley, onion powder, garlic powder, salt, and ground black pepper together in a large bowl.
- Add elbow macaroni and stir.
- Pour macaroni mixture into prepared baking dish, sprinkle with American cheese, and cover with aluminum foil.
- Bake in the preheated oven for 30 minutes.
- Remove aluminum foil from baking dish, increase heat to 425, and bake until sauce is bubbly, and the top is golden brown, about 15 minutes. Cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:32.95173895359%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 487.62kcal (24.38%), Fat: 16.04g (24.68%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 72.57g (24.19%), Net Carbohydrates: 63.49g (23.09%), Sugar: 30.2g (33.56%), Cholesterol: 44.45mg (14.82%), Sodium: 2082.08mg (90.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Vitamin C: 63.85mg (77.39%), Iron: 11.72mg (65.13%), Potassium: 1843.62mg (52.67%), Copper: 1.01mg (50.65%), Calcium: 499.6mg (49.96%), Vitamin E: 7mg (46.67%), Selenium: 31.81µg (45.44%), Phosphorus: 397.17mg (39.72%), Manganese: 0.77mg (38.33%), Vitamin B3: 7.48mg (37.38%), Fiber: 9.08g (36.31%), Vitamin A: 1585.76IU (31.72%), Magnesium: 123.57mg (30.89%), Vitamin B1: 0.42mg (27.81%), Zinc: 3.67mg (24.48%), Vitamin B2: 0.41mg (24.2%), Vitamin K: 20.89µg (19.89%), Vitamin B6: 0.32mg (15.82%), Vitamin B12: 0.95µg (15.77%), Folate: 54.73µg (13.68%), Vitamin B5: 1.29mg (12.87%), Vitamin D: 0.17µg (1.11%)