



Chicken Sausage and Provolone Penne Bake

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 43.5 ounce tomatoes diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 ounces parmesan fresh grated

- ☐ 1 pound penne pasta (tube-shaped uncooked
- ☐ 12 ounce pinenuts sweet halved lengthwise (such as Gerhard's)
- ☐ 4 ounces provolone cheese shredded
- ☐ 0.8 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

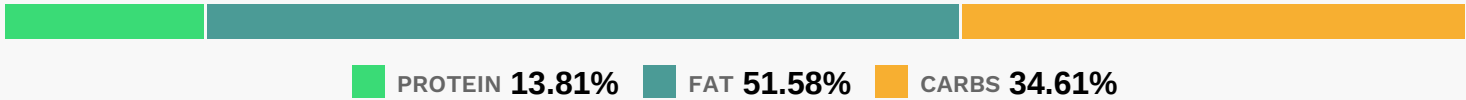
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Preheat oven to 35
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, sausage, and garlic; saut 5 minutes or until sausage is browned.
- ☐ Add tomato paste and next 5 ingredients (through diced tomatoes); cover, reduce heat, and simmer 15 minutes.
- ☐ Combine pasta and tomato mixture; spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with cheeses.
- ☐ Bake at 350 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:18.39, Inflammation Score:-9, Nutrition Score:29.640869697799%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 664.03kcal (33.2%), Fat: 39.42g (60.65%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 53.64g (19.51%), Sugar: 9.32g (10.35%), Cholesterol: 19.42mg (6.47%), Sodium: 719.38mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Manganese: 4.47mg (223.3%), Selenium: 41.92µg (59.89%), Phosphorus: 565.44mg (56.54%), Copper: 0.87mg (43.25%), Vitamin C: 35.45mg (42.97%), Magnesium: 170.16mg (42.54%), Vitamin E: 5.74mg (38.28%), Calcium: 353.29mg (35.33%), Zinc: 4.72mg (31.46%), Vitamin K: 30.55µg (29.1%), Iron: 5.03mg (27.94%), Fiber: 5.88g (23.51%), Potassium: 803.57mg (22.96%), Vitamin B3: 4.24mg (21.19%), Vitamin B1: 0.31mg (20.51%), Vitamin B6: 0.41mg (20.35%), Vitamin B2: 0.33mg (19.57%), Vitamin A: 916.25IU (18.33%), Folate: 51.96µg (12.99%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.38µg (6.28%)