



Classico® Baked Cavatelli

READY IN



55 min.

SERVINGS



5

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cloves garlic minced
- ☐ 2.3 cups wagon wheel macaroni dried
- ☐ 0.8 cup onion chopped
- ☐ 12 ounces mild sausage links italian sliced johnsonville®
- ☐ 1 cup mozzarella cheese shredded
- ☐ 24 ounce tomato and basil pasta sauce classico®

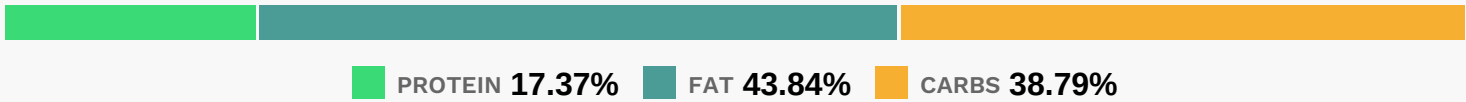
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain; set aside.
- ☐ In a large skillet cook the Johnsonville® Italian Mild Sausage, onion, and garlic until sausage is brown; remove from skillet.
- ☐ Drain.
- ☐ In a large bowl stir together Classico® Tomato and Basil pasta sauce, 3/4 cup of the mozzarella cheese, and the pepper.
- ☐ Add the cooked pasta and the drained sausage mixture. Stir gently to combine. Spoon the mixture into a 2-quart casserole.*
- ☐ Bake, covered, in a 375 degree F oven for 25 to 30 minutes or until nearly heated through. Uncover; sprinkle with the remaining 1/4 cup mozzarella cheese.
- ☐ Bake about 5 minutes more or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:15.519999929096%

Flavonoids

Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 565.44kcal (28.27%), Fat: 27.1g (41.69%), Saturated Fat: 9.6g (60.02%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 47.55g (17.29%), Sugar: 12.37g (13.74%), Cholesterol: 66.68mg (22.23%), Sodium: 1088.95mg (47.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Selenium: 35.07µg (50.1%), Phosphorus: 272.71mg (27.27%), Manganese: 0.52mg (26.16%), Fiber: 6.38g (25.52%), Potassium: 771.66mg

(22.05%), Vitamin B3: 4.09mg (20.47%), Vitamin A: 1020.05IU (20.4%), Zinc: 2.88mg (19.18%), Vitamin B12: 1.09µg (18.15%), Calcium: 181.21mg (18.12%), Vitamin B1: 0.25mg (16.76%), Vitamin B6: 0.33mg (16.5%), Iron: 2.36mg (13.11%), Vitamin C: 9.16mg (11.1%), Vitamin B2: 0.18mg (10.81%), Magnesium: 42.85mg (10.71%), Copper: 0.2mg (10.16%), Vitamin B5: 0.74mg (7.37%), Vitamin D: 0.97µg (6.49%), Folate: 15.68µg (3.92%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.12µg (1.06%)