



## Contadina® Garden Vegetable Pasta Bake

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 carrots sliced
- 12 ounces precooked chicken sausage smoked such as andouille or chorizo, sliced
- 2 teaspoons basil dried
- 3 cloves garlic minced
- 1 bell pepper green cut in 1-inch pieces
- 1 cup mushrooms sliced
- 2 tablespoons olive oil
- 1 cup onion coarsely chopped
- 0.3 cup parsley italian divided chopped

- 8 ounces penne pasta dry
- 1 bell pepper red cut in 1-inch pieces
- 4 ounces mozzarella cheese shredded
- 28 ounce contadina® tomato puree canned

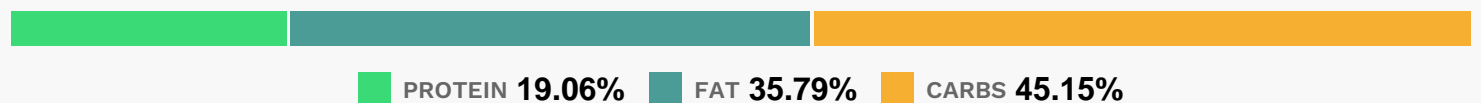
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F.
- Cook pasta in boiling salted water until al dente, or about 2 minutes less than directed on the package.
- Meanwhile, heat oil in a large deep skillet or saucepan.
- Add onion, mushrooms, carrots, peppers, garlic and basil. Cook until vegetables are soft, about 8 minutes.
- Stir in tomato puree, sausage, cooked pasta and 2 Tbsp. parsley.
- Heat through.
- Transfer to a 13x9-inch baking dish.
- Sprinkle evenly with remaining parsley and mozzarella cheese.
- Bake 10 to 15 minutes until cheese is melted.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46.47, Glycemic Load:13.24, Inflammation Score:-10, Nutrition Score:26.652608944022%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

## Nutrients (% of daily need)

Calories: 437.42kcal (21.87%), Fat: 18g (27.69%), Saturated Fat: 5g (31.25%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 45.17g (16.43%), Sugar: 12.04g (13.37%), Cholesterol: 54.96mg (18.32%), Sodium: 757.13mg (32.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.13%), Vitamin A: 5307.63IU (106.15%), Vitamin C: 63.45mg (76.91%), Vitamin K: 59.75µg (56.91%), Selenium: 29.92µg (42.74%), Manganese: 0.75mg (37.75%), Copper: 0.59mg (29.66%), Potassium: 939.56mg (26.84%), Vitamin E: 3.94mg (26.26%), Iron: 4.27mg (23.71%), Fiber: 5.9g (23.6%), Phosphorus: 233.66mg (23.37%), Vitamin B6: 0.43mg (21.58%), Vitamin B3: 3.76mg (18.8%), Vitamin B2: 0.3mg (17.4%), Magnesium: 69.15mg (17.29%), Calcium: 157.57mg (15.76%), Folate: 50.31µg (12.58%), Zinc: 1.88mg (12.54%), Vitamin B5: 1.2mg (12.04%), Vitamin B1: 0.14mg (9.26%), Vitamin B12: 0.44µg (7.29%)