



Dracula's Revenge (Baked Penne with Sausage and Garlic)

READY IN



45 min.

SERVINGS



10

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 cups penne pasta hot tube-shaped cooked uncooked (1 pound pasta)
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic heads whole
- ☐ 1 pound turkey sausage sweet italian
- ☐ 6 cups milk 1% low-fat
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons stick margarine
- ☐ 2.5 ounces swiss cheese shredded
- ☐ 1 teaspoon or dried fresh chopped
- ☐ 1 teaspoon or dried fresh chopped

Equipment

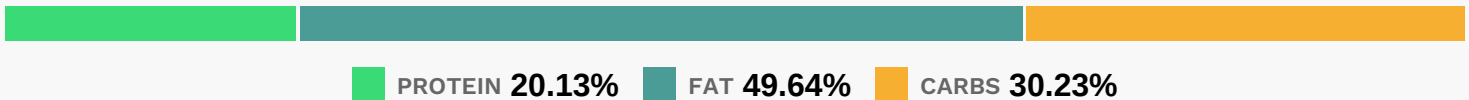
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Set garlic aside.
- ☐ Increase oven temperature to 400
- ☐ Remove casings from sausage. Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Remove from pan with a slotted spoon.
- ☐ Place sausage in a large bowl; stir in sage and rosemary.
- ☐ Melt butter in a large saucepan over medium heat. Lightly spoon flour into a dry measuring cup; level with a knife.

- ☐
- Add the flour to melted butter, stirring with a whisk. Gradually add the milk; cook until slightly thick, stirring constantly with a whisk (about 10 minutes). Stir in roasted garlic, cheeses, salt, and pepper.
- ☐
- Remove mixture from heat.
- ☐
- Add 5 1/2 cups cheese sauce and cooked pasta to sausage, stirring to coat. Spoon pasta mixture in a 13 x 9-inch baking dish coated with cooking spray. Top with remaining sauce.
- ☐
- Bake at 400 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:12.15, Inflammation Score:-5, Nutrition Score:15.000434813292%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 435.03kcal (21.75%), Fat: 23.74g (36.53%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 31.17g (11.33%), Sugar: 7.51g (8.35%), Cholesterol: 55.86mg (18.62%), Sodium: 726.61mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Selenium: 38.36µg (54.8%), Calcium: 391.76mg (39.18%), Phosphorus: 375.23mg (37.52%), Vitamin B12: 1.63µg (27.16%), Vitamin B1: 0.39mg (26.1%), Vitamin B2: 0.37mg (21.74%), Zinc: 2.43mg (16.18%), Manganese: 0.29mg (14.73%), Vitamin B6: 0.28mg (13.98%), Potassium: 393.95mg (11.26%), Magnesium: 44.18mg (11.04%), Vitamin B3: 2.19mg (10.97%), Vitamin D: 1.61µg (10.76%), Vitamin A: 531.8IU (10.64%), Iron: 1.72mg (9.56%), Vitamin B5: 0.93mg (9.25%), Copper: 0.12mg (6.05%), Fiber: 1.36g (5.45%), Folate: 20.39µg (5.1%), Vitamin E: 0.23mg (1.55%), Vitamin C: 1.11mg (1.35%)