



Easy As Can Be Pasticcio

READY IN



90 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes with juices crushed canned
- 2 large eggs
- 3 medium garlic cloves thinly sliced
- 0.5 teaspoon ground cinnamon
- 0.5 pound ground pork
- 1 pound pd of ground turkey lean
- 1 tablespoon olive oil
- 2 cups parmesan finely grated
- 1 pound penne pasta

- 8 servings salt and pepper black freshly ground
- 1 tablespoon butter unsalted
- 1 cup milk whole
- 1 medium onion yellow finely chopped

Equipment

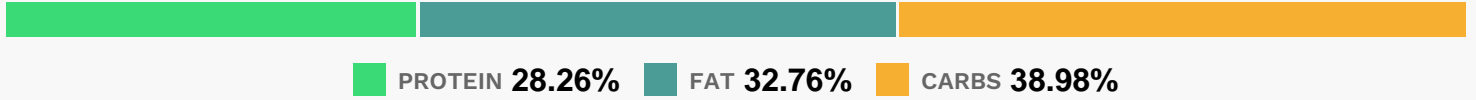
- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- glass baking pan

Directions

- Heat the oven to 375 degrees F and arrange a rack in the middle.
- Bring a large pot of heavily salted water to a boil, over medium-high heat, and cook pasta according to package directions. When pasta is done, drain, and run under cold water to cease the cooking.
- Heat the oil and butter in a large frying pan over medium-high heat. When the
- butter foams, add the onion and garlic and season with salt and freshly ground black pepper, to taste. Cook, stirring occasionally, until the onions are soft and golden, about 5 minutes.
- Add the meat and break it up with a spoon. Cook, stirring frequently, until browned, about 5 minutes. Stir in the tomatoes and cinnamon and season, to taste, with salt and pepper. Cook until slightly thickened, about 5 minutes more, then remove from the heat.
- Butter a 2 1/2 to 3-quart baking dish.
- Spread half of the pasta evenly in the bottom of lightly buttered glass baking dish.
- Sprinkle half of the cheese over the top, add all the meat sauce, the remaining pasta, and the remaining cheese.

- In a small bowl, whisk together the milk and the eggs until evenly combined. Slowly pour it over the entire dish; (the liquid should completely cover the noodles). Cover and bake until bubbly, about 40 to 45 minutes. Uncover and bake until bubbling and browned, about 10 to 15 minutes more.
- Let it sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:20.21, Inflammation Score:-7, Nutrition Score:25.655652191328%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 550.1kcal (27.5%), Fat: 20.06g (30.87%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 49.66g (18.06%), Sugar: 8.19g (9.1%), Cholesterol: 122.52mg (40.84%), Sodium: 610.01mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.94g (77.87%), Selenium: 66.23µg (94.61%), Phosphorus: 552.65mg (55.27%), Vitamin B6: 0.92mg (45.87%), Vitamin B3: 9.05mg (45.24%), Calcium: 399.16mg (39.92%), Manganese: 0.79mg (39.43%), Vitamin B1: 0.41mg (27.25%), Zinc: 3.7mg (24.69%), Vitamin B2: 0.4mg (23.52%), Magnesium: 89.82mg (22.46%), Potassium: 778.68mg (22.25%), Copper: 0.42mg (20.96%), Iron: 3.22mg (17.86%), Vitamin B12: 1.07µg (17.78%), Vitamin B5: 1.65mg (16.55%), Fiber: 4.05g (16.19%), Vitamin C: 10.7mg (12.97%), Vitamin E: 1.84mg (12.29%), Vitamin A: 586.67IU (11.73%), Folate: 39.41µg (9.85%), Vitamin K: 7.32µg (6.97%), Vitamin D: 0.96µg (6.42%)