



Kielbasa Pasta Casserole

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4852 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 ounce tomato sauce canned
- 0.3 cup bread crumbs dry italian-style
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon ground pepper black
- 8 ounces monterrey jack cheese shredded
- 1 teaspoon oregano dried
- 1 pound polish sausage sliced
- 43.5 ounce stewed tomatoes italian-style canned

- 2 tablespoons vegetable oil
- 16 ounces ziti pasta dry

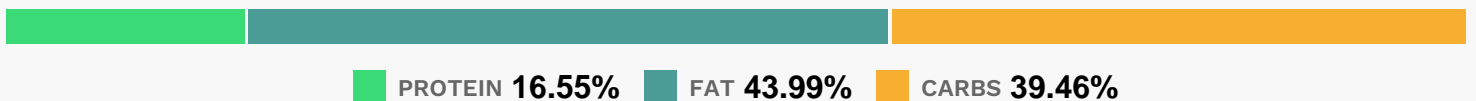
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a medium skillet over medium-high heat, cook sausage in oil until browned on both sides, 5 minutes.
- In a large bowl, combine ziti, sausage, stewed tomatoes, tomato sauce, oregano, parsley and pepper.
- Mix well.
- Pour into 9x13 baking dish.
- Sprinkle with bread crumbs and top with shredded cheese.
- Cover with foil and bake in preheated oven 30 minutes.
- Remove foil and bake 10 to 15 minutes more, until top is golden.

Nutrition Facts



Properties

Glycemic Index:211, Glycemic Load:150.6, Inflammation Score:-10, Nutrition Score:89.958695784859%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 4851.72kcal (242.59%), Fat: 239.09g (367.83%), Saturated Fat: 96.57g (603.55%), Carbohydrates: 482.5g (160.83%), Net Carbohydrates: 442.63g (160.96%), Sugar: 82.77g (91.96%), Cholesterol: 519.36mg (173.12%), Sodium: 11518.62mg (500.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 202.39g (404.78%), Selenium: 418.28µg (597.54%), Vitamin K: 366.65µg (349.19%), Manganese: 6.36mg (318.09%), Phosphorus: 2969.29mg (296.93%), Vitamin B1: 3.73mg (248.56%), Calcium: 2462.61mg (246.26%), Iron: 40.07mg (222.6%), Vitamin B3: 41.18mg (205.89%), Vitamin C: 169.58mg (205.55%), Copper: 4.07mg (203.62%), Potassium: 7018.23mg (200.52%), Zinc: 26.16mg (174.43%), Vitamin B2: 2.84mg (166.92%), Vitamin A: 8114.35IU (162.29%), Magnesium: 641.4mg (160.35%), Fiber: 39.87g (159.46%), Vitamin E: 23.86mg (159.04%), Vitamin B6: 2.63mg (131.57%), Vitamin B12: 6.42µg (107.04%), Vitamin B5: 8.22mg (82.22%), Folate: 311.04µg (77.76%), Vitamin D: 1.36µg (9.07%)