



Pizza Pasta Bake

READY IN



30 min.

SERVINGS



8

CALORIES



634 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz penne pasta
- 3 links sausage sweet italian cut into 1/2-inch slices
- 1 cup bell pepper green chopped
- 0.5 cup onion chopped
- 15 oz tomato sauce organic canned
- 6 oz olives pitted ripe drained sliced canned
- 4 oz optional: bacon and parsley drained canned
- 1 large bunch basil fresh coarsely chopped
- 8 oz mozzarella cheese shredded

- 0.5 cup parmesan cheese grated
- 0.5 cup pepperoni sliced

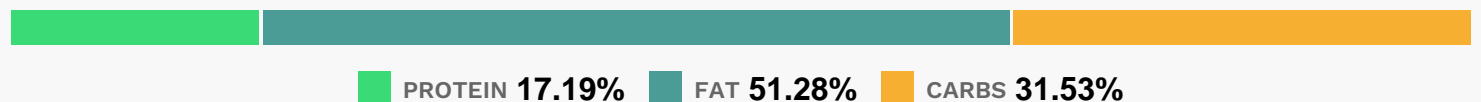
Equipment

- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 450°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package, using minimum cook time.
- Meanwhile, in 12-inch skillet, cook sausage, bell pepper and onion over medium heat 8 to 10 minutes, stirring frequently, until sausage is no longer pink and vegetables are crisp-tender.
- In baking dish, mix pasta and pizza sauce.
- Add sausage-vegetable mixture, olives, mushrooms and basil; toss until well combined.
- Sprinkle with cheeses; top with pepperoni.
- Bake uncovered 8 to 10 minutes or until thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:18.47, Inflammation Score:-6, Nutrition Score:18.935652116071%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 634.17kcal (31.71%), Fat: 35.83g (55.12%), Saturated Fat: 13.81g (86.29%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 45.74g (16.63%), Sugar: 4.69g (5.21%), Cholesterol: 86.6mg (28.87%), Sodium: 1513.78mg

(65.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Selenium: 55.87µg (79.81%), Manganese: 0.7mg (35.21%), Phosphorus: 340.33mg (34.03%), Vitamin C: 20.46mg (24.79%), Calcium: 243.65mg (24.37%), Vitamin B1: 0.35mg (23.45%), Vitamin B12: 1.2µg (20.08%), Zinc: 3mg (19.98%), Vitamin B6: 0.36mg (18.08%), Vitamin B3: 3.4mg (17.01%), Vitamin B2: 0.27mg (15.84%), Copper: 0.32mg (15.81%), Fiber: 3.82g (15.26%), Magnesium: 58.87mg (14.72%), Potassium: 502.04mg (14.34%), Vitamin A: 681.29IU (13.63%), Vitamin E: 1.88mg (12.5%), Iron: 2.21mg (12.28%), Vitamin K: 8.58µg (8.17%), Vitamin B5: 0.8mg (8.04%), Folate: 26.14µg (6.54%), Vitamin D: 0.24µg (1.58%)