



## Pizza Pasta Bake

READY IN



30 min.

SERVINGS



8

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 large bunch basil fresh coarsely chopped
- 1 cup bell pepper green chopped
- 3 links sausage sweet italian cut into 1/2-inch slices
- 4 oz mushrooms drained canned
- 6 oz olives pitted ripe drained sliced canned
- 0.5 cup onion chopped
- 0.5 cup parmesan cheese grated
- 16 oz penne pasta
- 0.5 cup pepperoni sliced

- 15 oz tomato sauce organic canned
- 8 oz mozzarella cheese shredded

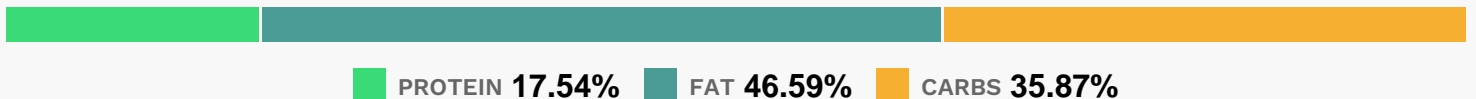
## Equipment

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

## Directions

- Heat oven to 450F. 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:38.63, Glycemic Load:18.57, Inflammation Score:-7, Nutrition Score:19.786956579789%

## 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: 557.29kcal (27.86%), Fat: 28.88g (44.43%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 46.06g (16.75%), Sugar: 4.97g (5.52%), Cholesterol: 66.6mg (22.2%), Sodium:

1294.49mg (56.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.93%), Selenium: 57.19µg (81.69%), Manganese: 0.71mg (35.54%), Phosphorus: 352.52mg (35.25%), Vitamin C: 20.75mg (25.16%), Calcium: 244.08mg (24.41%), Vitamin B1: 0.36mg (24.21%), Zinc: 3.07mg (20.47%), Vitamin B12: 1.21µg (20.17%), Vitamin B3: 3.91mg (19.57%), Vitamin B2: 0.33mg (19.19%), Vitamin B6: 0.38mg (18.82%), Copper: 0.36mg (18.06%), Fiber: 3.96g (15.83%), Potassium: 547.12mg (15.63%), Magnesium: 60.15mg (15.04%), Vitamin A: 681.29IU (13.63%), Iron: 2.28mg (12.67%), Vitamin E: 1.88mg (12.51%), Vitamin B5: 1.02mg (10.17%), Vitamin K: 8.58µg (8.17%), Folate: 28.55µg (7.14%), Vitamin D: 0.26µg (1.77%)