



Pumpkin Baked Ziti

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter for greasing
- ☐ 15 ounces pumpkin puree canned
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 teaspoons sage leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup heavy cream for richard simons' version omit ingredient
- ☐ 1 pound sausage sweet italian for richard simons' version

- ☐ 2 tablespoons oil
- ☐ 0.8 cup onion chopped
- ☐ 1 cup parmesan freshly grated for richard simmons' version
- ☐ 1 teaspoon pepper flakes red
- ☐ 2 teaspoons salt
- ☐ 1 pound ziti pasta whole wheat cooked for richard simmons' version

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375 degrees F. Butter (
- ☐ -ounce ramekins.
- ☐ Cook sausage in a large, deep skillet over medium heat until fat is rendered about 8 minutes.
- ☐ Remove from skillet with a slotted spoon, drain on paper towels and set aside. Discard any fat from the skillet in excess of 2 tablespoons.
- ☐ Add onion, garlic, crushed red pepper flakes and oil to the skillet and cook, stirring occasionally until soft; about 3 minutes. Stir in pumpkin puree, chicken stock and sage.
- ☐ Mix together and add salt. Bring to a boil then lower the heat and simmer 5 minutes. Stir in cream and sausage. Simmer until the sauce comes together and is thickened slightly.
- ☐ Add cooked pasta and parsley to the skillet and gently toss all the ingredients together to coat. Divide the rigatoni mixture between the 8 prepared ramekins.
- ☐ Sprinkle the tops of each ramekin with Parmesan cheese and bake for 35 minutes until the topping is golden brown.

Nutrition Facts



 **PROTEIN 14.79%**  **FAT 50.97%**  **CARBS 34.24%**

Properties

Glycemic Index:29.5, Glycemic Load:17.65, Inflammation Score:-10, Nutrition Score:25.341304457706%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 594.19kcal (29.71%), Fat: 33.58g (51.66%), Saturated Fat: 13.91g (86.93%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 46.97g (17.08%), Sugar: 4.81g (5.34%), Cholesterol: 74.45mg (24.82%), Sodium: 1285.33mg (55.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.84%), Vitamin A: 8800.57IU (176.01%), Copper: 1.82mg (90.82%), Selenium: 54.2µg (77.43%), Manganese: 0.73mg (36.39%), Phosphorus: 315.47mg (31.55%), Vitamin B1: 0.42mg (27.69%), Vitamin K: 28.74µg (27.37%), Calcium: 203.68mg (20.37%), Vitamin B3: 3.58mg (17.92%), Vitamin B6: 0.35mg (17.51%), Zinc: 2.39mg (15.92%), Magnesium: 61.2mg (15.3%), Fiber: 3.79g (15.15%), Vitamin B2: 0.25mg (14.97%), Iron: 2.54mg (14.09%), Potassium: 471.59mg (13.47%), Vitamin B12: 0.69µg (11.51%), Vitamin E: 1.59mg (10.59%), Vitamin B5: 0.86mg (8.64%), Vitamin C: 6.24mg (7.56%), Folate: 28.51µg (7.13%), Vitamin D: 0.22µg (1.47%)