



Sausage and Mushroom Penne Gratin

READY IN



30 min.

SERVINGS



6

CALORIES



822 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk sausage sweet italian
- ☐ 1 garlic clove
- ☐ 1 cup heavy cream
- ☐ 1 pound d mushrooms sliced
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 1 pound penne pasta dried
- ☐ 8 ounces whole-milk mozzarella shredded divided

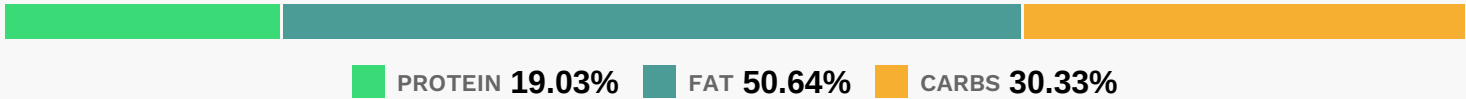
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Cook penne in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente. Reserve 1/2 cup pasta-cooking water, then drain pasta and transfer to a flameproof 3-quart baking dish.
- ☐ Preheat broiler.
- ☐ Meanwhile, cook sausage in 1 tablespoon oil in a 12-inch nonstick skillet over high heat, stirring occasionally and breaking up any large pieces, until no longer pink.
- ☐ Transfer with a slotted spoon to a bowl, leaving fat in skillet.
- ☐ Add remaining tablespoon oil to skillet along with mushrooms and garlic, then cook over high heat, stirring occasionally, until mushrooms are golden, about 3 minutes.
- ☐ Return sausage to skillet along with cream, reserved 1/2 cup cooking water, a rounded 1/4 teaspoon salt, and 1/4 teaspoon pepper and boil over high heat, stirring once or twice, until thickened, about 4 minutes.
- ☐ Pour over pasta, then stir in Parmigiano-Reggiano, 1/2 cup mozzarella, and salt to taste.
- ☐ Spread evenly in baking dish and top with remaining mozzarella.
- ☐ Broil 3 to 4 inches from heat until golden brown in spots, about 5 minutes.
- ☐ a green salad

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:23.5, Inflammation Score:-7, Nutrition Score:26.366087395212%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 821.5kcal (41.08%), Fat: 46.22g (71.12%), Saturated Fat: 19.9g (124.39%), Carbohydrates: 62.29g (20.76%), Net Carbohydrates: 58.42g (21.24%), Sugar: 5.3g (5.89%), Cholesterol: 114.75mg (38.25%), Sodium: 986.18mg (42.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.17%), Selenium: 83.84µg (119.77%), Phosphorus: 644.82mg (64.48%), Calcium: 520.8mg (52.08%), Vitamin B2: 0.69mg (40.73%), Manganese: 0.78mg (39.15%), Vitamin B1: 0.58mg (38.56%), Vitamin B3: 6.57mg (32.84%), Zinc: 4.62mg (30.83%), Copper: 0.54mg (27.04%), Vitamin B6: 0.47mg (23.53%), Vitamin B12: 1.23µg (20.49%), Vitamin B5: 1.99mg (19.85%), Potassium: 687.72mg (19.65%), Magnesium: 76.5mg (19.12%), Vitamin A: 830.04IU (16.6%), Fiber: 3.87g (15.46%), Iron: 2.51mg (13.96%), Folate: 38.47µg (9.62%), Vitamin E: 1.2mg (8%), Vitamin D: 0.83µg (5.52%), Vitamin K: 4.91µg (4.68%), Vitamin C: 3.49mg (4.23%)