



## Sausage and Pizza Bake

READY IN



35 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bell pepper chopped
- 1 lb ground sausage italian
- 4 oz canadian bacon sliced cut into fourths
- 4 oz mushrooms drained sliced canned
- 0.5 cup onion chopped
- 3 oz pizza cheese shredded
- 1 jar tomato sauce canned (14)
- 9 oz rotini pasta uncooked
- 0.3 cup water

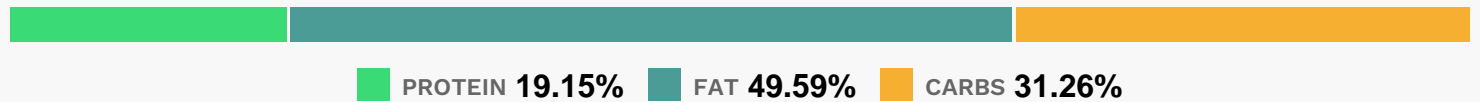
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350F. Spray 3-quart casserole with cooking spray. In 3-quart saucepan, cook and drain pasta as directed on package using minimum cook time. Return pasta to saucepan.
- While pasta is cooking, cook sausage and onion in 10-inch skillet over medium heat 6 to 8 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir sausage mixture, bell pepper, water, bacon, pizza sauce and mushrooms into pasta. Spoon pasta mixture into casserole.
- Sprinkle with cheese.
- Cover casserole.
- Bake 30 to 35 minutes or until hot and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:15.28, Inflammation Score:-7, Nutrition Score:20.291739411976%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 535kcal (26.75%), Fat: 29.63g (45.59%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 38.03g (13.83%), Sugar: 6.7g (7.44%), Cholesterol: 69.74mg (23.25%), Sodium: 1372.01mg (59.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.49%), Selenium: 51.88µg (74.12%), Vitamin B1: 0.67mg (44.38%), Vitamin C: 26.33mg (31.91%), Manganese: 0.61mg (30.34%), Vitamin B3: 5.92mg (29.59%), Phosphorus: 283.82mg (28.38%), Vitamin B6: 0.54mg (26.78%), Potassium: 757.76mg (21.65%), Copper: 0.38mg

(18.78%), Zinc: 2.66mg (17.7%), Vitamin A: 879.77IU (17.6%), Vitamin B2: 0.28mg (16.28%), Iron: 2.89mg (16.07%), Fiber: 4g (16.01%), Magnesium: 59.09mg (14.77%), Vitamin B12: 0.81µg (13.58%), Vitamin E: 1.92mg (12.79%), Vitamin B5: 1.23mg (12.26%), Folate: 35.17µg (8.79%), Calcium: 74.58mg (7.46%), Vitamin D: 0.57µg (3.78%), Vitamin K: 3.88µg (3.69%)