



Sausage 'n' Spinach Pasta Bake

READY IN



15 min.

SERVINGS



6

CALORIES



795 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes diced italian-style canned
- 8 oz chive-and-onion cream cheese
- 10 oz pkt spinach frozen thawed chopped
- 3 cups sausage italian hot crumbled cooked
- 1 tablespoon olive oil
- 1 cup onion finely chopped (1 medium)
- 8 ounces rigatoni uncooked
- 0.3 teaspoon salt
- 6 oz mozzarella cheese shredded

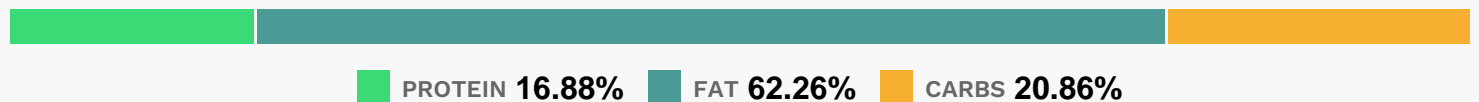
Equipment

- bowl
- paper towels
- oven
- baking pan

Directions

- Prepare rigatoni according to package directions.
- Meanwhile, spread oil on bottom of an 11- x 7-inch baking dish; add onion in a single layer.
- Bake at 375 for 15 minutes or just until tender.
- Transfer onion to a large bowl, and set aside.
- Drain chopped spinach well, pressing between layers of paper towels.
- Stir rigatoni, spinach, sausage, and next 3 ingredients into onion in bowl. Spoon mixture into baking dish, and sprinkle evenly with shredded mozzarella cheese.
- Bake, covered, at 375 for 30 minutes; uncover and bake 15 more minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:13.68, Inflammation Score:-10, Nutrition Score:33.760869554851%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 795.24kcal (39.76%), Fat: 54.98g (84.59%), Saturated Fat: 22.81g (142.56%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 37.1g (13.49%), Sugar: 6.93g (7.69%), Cholesterol: 135.74mg (45.25%), Sodium: 1443.55mg (62.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.09%), Vitamin K: 181.6µg

(172.95%), Vitamin A: 6239.01IU (124.78%), Selenium: 61.43µg (87.75%), Vitamin B1: 0.82mg (54.83%), Manganese: 0.92mg (45.82%), Phosphorus: 392.58mg (39.26%), Vitamin B6: 0.64mg (31.75%), Calcium: 308.22mg (30.82%), Vitamin B12: 1.72µg (28.71%), Vitamin B3: 5.62mg (28.12%), Zinc: 3.97mg (26.49%), Vitamin B2: 0.45mg (26.49%), Folate: 100.74µg (25.18%), Magnesium: 94.07mg (23.52%), Potassium: 808.32mg (23.09%), Iron: 3.87mg (21.48%), Copper: 0.41mg (20.54%), Vitamin E: 2.66mg (17.76%), Fiber: 4.33g (17.34%), Vitamin C: 13.24mg (16.05%), Vitamin B5: 1.07mg (10.74%)