



WHATSheATE



Sausage ragu & spinach pasta bake

READY IN



70 min.

SERVINGS



5

CALORIES



1063 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pork sausages
- ☐ 680 g passata with garlic and herbs
- ☐ 1 tbsp oregano dried chopped (or 1 tsp)
- ☐ 500 g pack pasta shapes
- ☐ 400 g pack spinach
- ☐ 700 g ready-made cheese sauce (use a full-fat one if freezing)
- ☐ 5 servings nutmeg freshly grated
- ☐ 100 g parmesan grated
- ☐ 1 eggs beaten

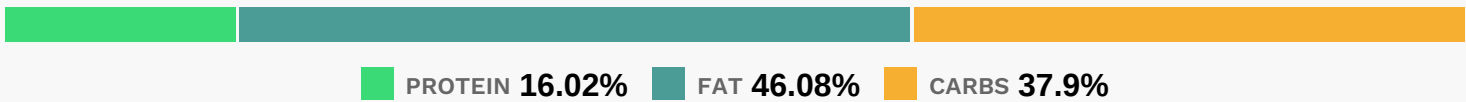
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Heat a large frying pan and brown the sausages, using a wooden spoon to break up the meat.
- ☐ Pour off any fat from the pan, stir in the passata, bring to the boil, then add the oregano and season. Simmer for 10 mins.
- ☐ Cook the pasta for 2 mins less than the pack says, reserve some cooking water, then drain, cool under cold water and drain again. Meanwhile, pour a kettle of boiling water over the spinach in a colander to wilt, then squeeze out all the water.
- ☐ Mix the pasta with the cheese sauce and some of the reserved water, to loosen. Season.
- ☐ In a large dish, add the meat sauce, then the spinach, some nutmeg and seasoning. Next, add a third of the Parmesan, the cheesy pasta, more nutmeg and finally the rest of the cheese. Wrap and freeze. Defrost at room temperature for about 8 hrs.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bake for 40–45 mins, until the dish is piping hot and golden.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:30.97, Inflammation Score:-10, Nutrition Score:45.73652176235%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 5.21mg, Kaempferol: 5.21mg, Kaempferol: 5.21mg, Kaempferol: 5.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 1062.81kcal (53.14%), Fat: 55.16g (84.87%), Saturated Fat: 17.1g (106.85%), Carbohydrates: 102.11g (34.04%), Net Carbohydrates: 93.72g (34.08%), Sugar: 15.98g (17.75%), Cholesterol: 116.54mg (38.85%), Sodium: 2098.95mg (91.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.15g (86.3%), Vitamin K: 398.03µg (379.07%), Vitamin A: 9228.37IU (184.57%), Selenium: 72.23µg (103.19%), Manganese: 1.98mg (99.14%), Phosphorus: 552.56mg (55.26%), Folate: 198.39µg (49.6%), Calcium: 493.22mg (49.32%), Vitamin C: 37.54mg (45.5%), Copper: 0.88mg (43.79%), Magnesium: 174.9mg (43.72%), Potassium: 1514.98mg (43.29%), Iron: 7.52mg (41.8%), Vitamin B3: 8.17mg (40.84%), Vitamin B6: 0.76mg (38.05%), Fiber: 8.39g (33.54%), Vitamin E: 4.88mg (32.56%), Zinc: 4.79mg (31.95%), Vitamin B2: 0.53mg (31.21%), Vitamin B1: 0.43mg (28.43%), Vitamin B5: 1.85mg (18.53%), Vitamin B12: 1µg (16.64%), Vitamin D: 1.32µg (8.77%)