



Sausageball pasta bake

READY IN



65 min.

SERVINGS



4

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 50 g breadcrumb fresh white
- ☐ 1 tsp rosemary leaves chopped
- ☐ 1 tbsp olive oil
- ☐ 500 g carton passata
- ☐ 2 tbsp sun-dried tomato paste
- ☐ 300 g fusilli
- ☐ 0.5 small savoy cabbage cut into 1cm-wide slices
- ☐ 250 g mozzarella cheese cubed
- ☐ 2 tbsp parmesan freshly grated

- ☐ 450 g sausagemeat
- ☐ 450 g sausagemeat

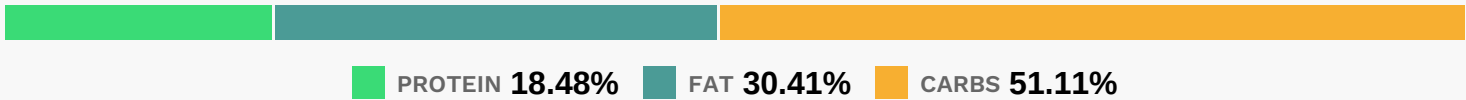
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the sausagemeat, breadcrumbs and thyme or rosemary in a bowl and mix to combine. Shape into 20 small balls.
- ☐ Heat oil in a wide pan and cook the sausageballs for 10 mins until nicely browned.
- ☐ Add passata and tomato paste, cover and simmer gently for 20 mins.
- ☐ Meanwhile, cook pasta following pack instructions, adding the cabbage for the final 5 mins of cooking time.
- ☐ Drain cabbage and pasta, toss with the sauce and spoon into a heatproof dish.
- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Push mozzarella cubes into the top of the pasta.
- ☐ Sprinkle with Parmesan and bake for 15–20 mins until bubbling and crusty.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:23.49, Inflammation Score:-9, Nutrition Score:30.079130172729%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 638.13kcal (31.91%), Fat: 21.5g (33.08%), Saturated Fat: 9.54g (59.61%), Carbohydrates: 81.33g (27.11%), Net Carbohydrates: 74.1g (26.95%), Sugar: 10.77g (11.96%), Cholesterol: 51.08mg (17.02%), Sodium: 720.41mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Selenium: 63.14µg (90.2%), Manganese: 1.14mg (57.04%), Phosphorus: 475.02mg (47.5%), Vitamin K: 47.78µg (45.51%), Calcium: 430.09mg (43.01%), Vitamin A: 1903.91IU (38.08%), Vitamin C: 31.03mg (37.61%), Copper: 0.65mg (32.59%), Fiber: 7.22g (28.9%), Iron: 4.88mg (27.11%), Potassium: 923.72mg (26.39%), Magnesium: 104.03mg (26.01%), Vitamin B12: 1.5µg (24.98%), Zinc: 3.75mg (24.97%), Vitamin B2: 0.4mg (23.46%), Folate: 91.5µg (22.87%), Vitamin E: 3.28mg (21.86%), Vitamin B3: 4.18mg (20.91%), Vitamin B6: 0.42mg (20.88%), Vitamin B1: 0.28mg (18.71%), Vitamin B5: 1.15mg (11.48%), Vitamin D: 0.26µg (1.75%)