



## Smoky Sausage Penne

READY IN



40 min.

SERVINGS



4

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained well canned
- ☐ 1 cup gouda cheese smoked shredded
- ☐ 1.5 cups penne pasta uncooked
- ☐ 12 ounce ring pork sausage smoked fully cooked cut into 1/2-inch slices

## Equipment

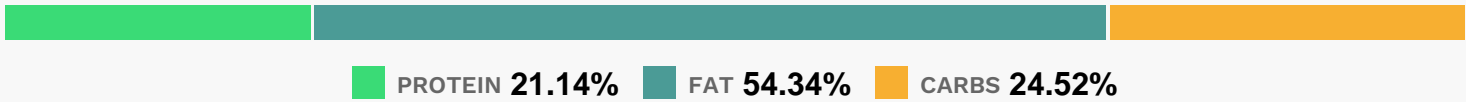
- ☐ bowl
- ☐ oven
- ☐ baking pan

☐ glass baking pan

## Directions

- ☐ Heat oven to 350 degrees F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ Cook and drain pasta as directed on package. In large bowl, mix pasta, cooking sauce, sausage, tomatoes and 1/2 cup of the cheese.
- ☐ Spread in baking dish.
- ☐ Cover; bake 20 minutes. Uncover; bake 10 to 15 minutes longer or until hot in center and bubbly around edges, sprinkling with remaining 1/2 cup cheese during last 5 minutes of baking.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:15.12, Inflammation Score:-6, Nutrition Score:21.945652360501%

## Nutrients (% of daily need)

Calories: 658.51kcal (32.93%), Fat: 39.69g (61.07%), Saturated Fat: 18.05g (112.8%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 37g (13.46%), Sugar: 6.96g (7.73%), Cholesterol: 128.66mg (42.89%), Sodium: 1163.51mg (50.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.5%), Phosphorus: 550.38mg (55.04%), Selenium: 35.86µg (51.22%), Calcium: 465.48mg (46.55%), Zinc: 5.02mg (33.5%), Vitamin B3: 6.01mg (30.05%), Manganese: 0.59mg (29.28%), Vitamin B12: 1.63µg (27.23%), Vitamin B6: 0.52mg (26.08%), Vitamin B1: 0.37mg (24.44%), Vitamin B2: 0.38mg (22.36%), Copper: 0.39mg (19.37%), Potassium: 677.67mg (19.36%), Magnesium: 71.97mg (17.99%), Iron: 2.97mg (16.5%), Fiber: 3.3g (13.21%), Vitamin B5: 1.24mg (12.39%), Vitamin A: 617.73IU (12.35%), Vitamin C: 10.05mg (12.18%), Vitamin E: 1.63mg (10.9%), Vitamin D: 1.4µg (9.34%), Folate: 34.22µg (8.56%), Vitamin K: 7.19µg (6.85%)