



Turkey Sausage and Pasta Bake

READY IN



52 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano (such as hunt's) canned
- ☐ 0.8 cup celery chopped (3 stalks)
- ☐ 1 tablespoon garlic minced
- ☐ 1.3 pounds turkey sausage italian hot
- ☐ 8 ounce pre- mushrooms
- ☐ 1.5 cups onion chopped (1 large)
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 3.5 cups penne pasta uncooked
- ☐ 7 ounce pimientos diced drained

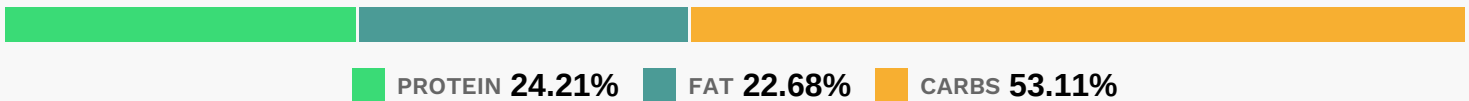
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Preheat oven to 40
- ☐ Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add onion, mushrooms, and celery; cook 6 to 8 minutes or until tender.
- ☐ Add tomatoes, pimiento, and garlic. Bring to a boil; reduce heat, and simmer, uncovered, 8 to 10 minutes or until almost all liquid has evaporated.
- ☐ Combine sausage mixture and hot cooked pasta in a large bowl, mixing well.
- ☐ Pour into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with cheese.
- ☐ Bake, uncovered, at 400 for 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:23.600435119608%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 376.05kcal (18.8%), Fat: 9.57g (14.73%), Saturated Fat: 4.04g (25.28%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 45.66g (16.6%), Sugar: 8.98g (9.98%), Cholesterol: 46.63mg (15.54%), Sodium: 909.94mg (39.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.99%), Selenium: 52µg (74.29%), Vitamin C: 60.32mg (73.12%), Iron: 9.22mg (51.24%), Phosphorus: 351.39mg (35.14%), Manganese: 0.68mg (34%), Vitamin B6: 0.61mg (30.7%), Vitamin B3: 5.47mg (27.35%), Vitamin B2: 0.4mg (23.43%), Copper: 0.42mg (20.92%), Zinc: 3.02mg (20.12%), Vitamin A: 992.28IU (19.85%), Fiber: 4.78g (19.11%), Potassium: 664.94mg (19%), Calcium: 183.01mg (18.3%), Magnesium: 66.95mg (16.74%), Vitamin B5: 1.4mg (14.02%), Vitamin B1: 0.19mg (12.62%), Folate: 39.72µg (9.93%), Vitamin K: 8.7µg (8.28%), Vitamin B12: 0.43µg (7.21%), Vitamin E: 1.02mg (6.78%)