



VELVEETA® Italian Sausage Bake

READY IN



45 min.

SERVINGS



45

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb sausage italian
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups penne pasta uncooked
- 1 cup classico pizza sauce traditional
- 1 bell pepper red chopped
- 6 oz velveeta cut into 1/2-inch cubes
- 3 cups zucchini halved

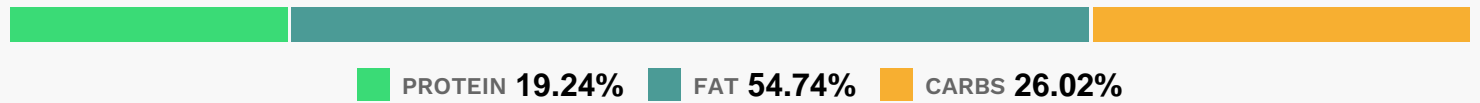
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook pasta as directed on package, omitting salt. Meanwhile, crumble sausage into large deep skillet; cook on medium-high heat until evenly browned, stirring occasionally.
- Drain; return sausage to skillet. Stir in vegetables and pizza sauce; cook 5 to 6 min. or until vegetables are crisp-tender, stirring occasionally.
- Drain pasta.
- Add to sausage mixture along with the VELVEETA; mix lightly. Spoon into 13x9-inch baking dish sprayed with cooking spray; sprinkle with Parmesan.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:1.3, Inflammation Score:-2, Nutrition Score:2.6469565249332%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 3.82g (5.88%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.93g (1.04%), Cholesterol: 9.73mg (3.24%), Sodium: 170.15mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Selenium: 5.12µg (7.31%), Phosphorus: 68.93mg (6.89%), Vitamin C: 5.45mg (6.61%), Vitamin B1: 0.07mg (4.48%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 164.83IU (3.3%), Manganese: 0.06mg (3.21%), Calcium: 31.48mg (3.15%), Vitamin B6: 0.06mg (3.13%), Zinc: 0.4mg (2.64%), Potassium: 91.25mg (2.61%), Vitamin B3: 0.51mg (2.54%), Vitamin B12: 0.1µg (1.65%), Magnesium: 6.22mg (1.55%), Copper: 0.03mg (1.51%), Iron: 0.27mg (1.5%), Fiber: 0.34g (1.36%), Folate: 5.21µg (1.3%), Vitamin B5: 0.11mg (1.11%)