

## White Cheese and Sausage Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



665 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 6 cups ziti hot tube-shaped cooked uncooked ( 4 cups short pasta)
- 3 tablespoons flour all-purpose
- 3 ounces parmesan cheese fresh grated
- 2 ounces part-skim mozzarella cheese shredded
- 4 servings try build-a-meal
- 0.3 teaspoon salt
- 2 cups skim milk 1%
- 0.5 pound mild turkey sausage italian

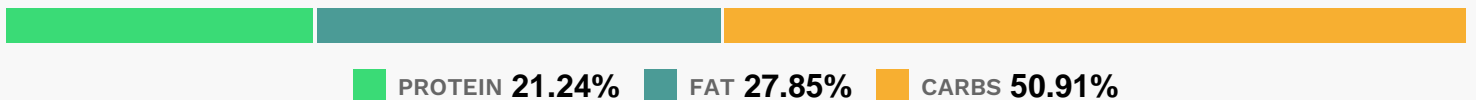
## Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 40
- Remove sausage from casings.
- Place a large skillet coated with cooking spray over medium heat; cook sausage until browned, stirring to crumble.
- Drain well; set aside. Wipe drippings from pan with a paper towel. Melt butter in pan over medium heat.
- Add flour; stir with a whisk. Gradually add milk, stirring with a whisk until smooth. Cook until thick (about 8 minutes); remove from heat.
- Combine sauce, sausage, pasta, Parmesan, and salt in a large bowl. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle with mozzarella.
- Bake at 400 for 20 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:50.06, Glycemic Load:32.11, Inflammation Score:-7, Nutrition Score:25.430869625962%

## Nutrients (% of daily need)

Calories: 664.56kcal (33.23%), Fat: 20.39g (31.37%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 83.84g (27.95%), Net Carbohydrates: 80.07g (29.12%), Sugar: 10.61g (11.79%), Cholesterol: 76.35mg (25.45%), Sodium: 1232.1mg (53.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.97%), Selenium: 83.89µg (119.84%), Phosphorus: 620.57mg (62.06%), Manganese: 0.99mg (49.58%), Calcium: 494.48mg (49.45%), Iron: 7.07mg (39.26%), Zinc: 4.44mg (29.61%), Vitamin B2: 0.46mg (27.18%), Vitamin B12: 1.37µg (22.82%), Magnesium: 91.14mg (22.78%), Vitamin B6: 0.45mg (22.44%), Vitamin B3: 4.18mg (20.9%), Vitamin C: 17.24mg (20.89%), Copper: 0.35mg (17.64%), Potassium: 583.03mg (16.66%), Vitamin B1: 0.25mg (16.38%), Vitamin A: 758.68IU (15.17%), Fiber: 3.77g (15.07%), Vitamin B5: 1.4mg (14.05%), Vitamin D: 1.5µg (9.98%), Folate: 36.39µg (9.1%), Vitamin E: 0.41mg (2.71%), Vitamin K: 1.24µg (1.18%)