



White Cheese and Sausage Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



661 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
- 0.3 teaspoon salt
- 2 cups skim milk 1%
- 0.5 pound mild turkey sausage italian

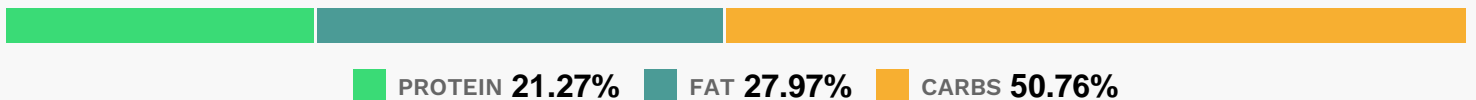
Equipment

- 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:25.081739130227%

Nutrients (% of daily need)

Calories: 661.32kcal (33.07%), Fat: 20.36g (31.32%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 83.16g (27.72%), Net Carbohydrates: 79.61g (28.95%), Sugar: 10.6g (11.78%), Cholesterol: 76.35mg (25.45%), Sodium: 1232.09mg (53.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.69%), Selenium: 83.38µg (119.11%), Phosphorus: 614.25mg (61.43%), Calcium: 493.92mg (49.39%), Manganese: 0.92mg (46.23%), Iron: 7mg (38.91%), Zinc: 4.39mg (29.24%), Vitamin B2: 0.46mg (27%), Vitamin B12: 1.37µg (22.82%), Vitamin B6: 0.44mg (22.24%), Magnesium: 88.66mg (22.16%), Vitamin C: 17.24mg (20.89%), Vitamin B3: 4.12mg (20.62%), Copper: 0.35mg (17.29%), Potassium: 575.73mg (16.45%), Vitamin B1: 0.24mg (16.18%), Vitamin A: 758.57IU (15.17%), Fiber: 3.54g (14.17%), Vitamin B5: 1.39mg (13.9%), Vitamin D: 1.5µg (9.98%), Folate: 36.24µg (9.06%), Vitamin E: 0.39mg (2.62%), Vitamin K: 1.19µg (1.13%)