



Ziti with Italian Sausage

READY IN



90 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 ounce mushrooms drained sliced canned
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced peeled canned
- 0.5 cup celery diced
- 0.3 teaspoon garlic powder
- 1 pound sausage italian
- 0.5 cup onion diced
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated

- 1.5 teaspoons salt
- 8 ounces mozzarella cheese shredded
- 1 pound ziti pasta dry

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- In a skillet over medium heat, cook sausage with celery and onion until sausage is evenly browned, about 5 to 10 minutes.
- Drain excess grease, and set aside.
- In another skillet over medium-low heat, combine tomatoes, tomato sauce, garlic powder, salt, and oregano. Simmer while preparing pasta.
- Bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C). In a 3 quart baking dish, layer ziti, mushrooms, sausage, mozzarella cheese, and sauce. Repeat layers, and top with grated Parmesan.
- Bake for 45 minutes in the preheated oven, or until browned and bubbly.

Nutrition Facts



PROTEIN 18.17% **FAT 43.03%** **CARBS 38.8%**

Properties

Glycemic Index:31.13, Glycemic Load:19.49, Inflammation Score:-7, Nutrition Score:20.765652324842%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg,

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Nutrients (% of daily need)

Calories: 547.77kcal (27.39%), Fat: 26.26g (40.4%), Saturated Fat: 10.83g (67.66%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 48.53g (17.65%), Sugar: 7.23g (8.03%), Cholesterol: 68.21mg (22.74%), Sodium: 1547.24mg (67.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.9%), Selenium: 57.85µg (82.65%), Manganese: 0.78mg (38.81%), Phosphorus: 364.86mg (36.49%), Vitamin B1: 0.47mg (31.17%), Calcium: 230.48mg (23.05%), Vitamin B3: 4.55mg (22.73%), Copper: 0.45mg (22.61%), Zinc: 3.3mg (21.99%), Vitamin B6: 0.43mg (21.65%), Vitamin B12: 1.2µg (20.08%), Potassium: 682.12mg (19.49%), Fiber: 4.74g (18.96%), Magnesium: 70.24mg (17.56%), Vitamin B2: 0.3mg (17.41%), Iron: 3.11mg (17.28%), Vitamin C: 10.52mg (12.76%), Vitamin A: 592.11IU (11.84%), Vitamin B5: 1.18mg (11.8%), Vitamin E: 1.61mg (10.72%), Folate: 37.01µg (9.25%), Vitamin K: 8.42µg (8.02%), Vitamin D: 0.19µg (1.29%)