



Zucchini, Sausage, and Feta Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 ounces mild chicken sausage
- 0.5 cup less-sodium chicken broth fat-free
- 2 ounces feta cheese crumbled
- 2 teaspoons flour all-purpose
- 3 garlic cloves minced
- 0.5 teaspoon kosher salt
- 1 teaspoon olive oil
- 2 cups onion vertically sliced (1)

- 2 ounces part-skim mozzarella cheese shredded
- 2.5 cups ziti tube-shaped uncooked (short pasta)
- 1.5 pounds zucchini thinly sliced

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 400.
- Cook pasta in boiling water 5 minutes, omitting salt and fat; drain.
- Remove casings from sausage.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add sausage to pan; cook until browned, stirring to crumble.
- Remove from pan.
- Heat oil in pan.
- Add zucchini, onion, salt, pepper, and garlic. Cook 10 minutes or until vegetables are tender and zucchini begins to brown, stirring occasionally.
- Combine broth and flour in a small bowl, stirring with a whisk.
- Add broth mixture to pan; cook 1 minute.
- Combine zucchini mixture, pasta, sausage, and feta cheese in a large bowl; toss well. Spoon pasta mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle evenly with mozzarella cheese.
- Bake at 400 for 20 minutes or until bubbly and lightly browned.

Nutrition Facts



■ PROTEIN 21.64% ■ FAT 33.87% ■ CARBS 44.49%

Properties

Glycemic Index:41.33, Glycemic Load:9.58, Inflammation Score:-6, Nutrition Score:11.64130430377%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

Nutrients (% of daily need)

Calories: 269.53kcal (13.48%), Fat: 10.38g (15.96%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 27.75g (10.09%), Sugar: 6.37g (7.08%), Cholesterol: 41.14mg (13.71%), Sodium: 837.07mg (36.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.82%), Vitamin C: 25.24mg (30.6%), Selenium: 19.93µg (28.47%), Manganese: 0.55mg (27.26%), Phosphorus: 186.63mg (18.66%), Vitamin B6: 0.35mg (17.64%), Calcium: 160.21mg (16.02%), Vitamin B2: 0.25mg (14.91%), Potassium: 456.94mg (13.06%), Folate: 47.19µg (11.8%), Fiber: 2.91g (11.64%), Magnesium: 43.82mg (10.96%), Zinc: 1.37mg (9.11%), Vitamin A: 447.22IU (8.94%), Copper: 0.17mg (8.44%), Vitamin B1: 0.12mg (8.26%), Iron: 1.36mg (7.54%), Vitamin B3: 1.26mg (6.29%), Vitamin K: 6µg (5.72%), Vitamin B5: 0.54mg (5.39%), Vitamin B12: 0.28µg (4.58%), Vitamin E: 0.3mg (2.02%)