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## Sausage and Mushroom Penne Gratin ✦

Sausage and Mushroom Penne Gratin is a delicious and hearty pasta dish that combines Italian sausage, mushrooms, and penne pasta in a creamy cheese sauce. It is baked until golden and bubbly, creating a comforting and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Italian Sausage
200 g	Mushrooms
300 g	penne pasta
200 g	mozzarella cheese

<b>50 g</b>	parmesan cheese
<b>250 ml</b>	heavy cream
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Boiling

Cook the penne pasta according to package instructions until al dente. Drain and set aside.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

#### Frying

In a large skillet, heat olive oil over medium heat. Add the Italian sausage and cook until browned and cooked through. Remove from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

#### Sautéing

In the same skillet, add the mushrooms and garlic. Cook until the mushrooms are tender and the garlic is fragrant.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

#### Mixing

In a large mixing bowl, combine cooked penne pasta, Italian sausage, mushrooms, mozzarella cheese, Parmesan cheese, heavy cream, salt, and black pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 6

## Sprinkling

Transfer the mixture to a greased baking dish. Sprinkle additional Parmesan cheese on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Baking

Bake in the preheated oven for 15-20 minutes, or until the cheese is melted and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 8

### Resting

Remove from the oven and let it rest for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 9

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 550 kcal

**Fat:** 30 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Cuisines

Italian

### Course

Main Dishes

Salads

Snacks

Sauces & Dressings

### Cultural

Ramadan

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Over \$50

### Demographics

Kids Friendly

Pregnancy Safe

Diabetic Friendly

### Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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