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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

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

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

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

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

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

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

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

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

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

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

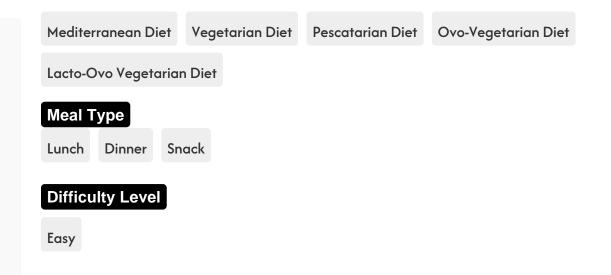
Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 Over \$50

Demographics

Kids Friendly Pregnancy Safe Diabetic Friendly

Diet



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