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Pasta Carcione ♦

Pasta Carcione is a traditional Italian pasta dish that originated in the region of Calabria. It is a hearty and flavorful dish that is perfect for a comforting meal. The pasta is cooked al dente and tossed with a rich tomato sauce, spicy Italian sausage, and a variety of vegetables. It is then topped with a generous amount of grated Parmesan cheese and baked until golden and bubbly. This dish is often served with a side of garlic bread and a fresh green salad.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Pasta
250 g	Italian Sausage
500 g	tomato sauce

100 g	onion
100 g	bell pepper
10 g	garlic
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Frying

In a large skillet, cook the Italian sausage until browned. Remove from skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same skillet, sauté the onion, bell pepper, and garlic until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Add the tomato sauce and cooked Italian sausage to the skillet. Simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

In a large baking dish, combine the cooked pasta and the sauce mixture. Top with grated Parmesan cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Oven

Bake in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Serving

Serve hot with garlic bread and a fresh green salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 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%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

French

Mediterranean

Spanish

American

Middle Eastern

Meal Type

Breakfast

Lunch

Snack

Dinner

Nutritional Content

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Side Dishes

Salads

Difficulty Level

Easy

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