



Campbell's Kitchen Penne with Sausage and Peppers

READY IN



40 min.

SERVINGS



4

CALORIES



970 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.7 cups penne rigate cooked drained
- 1 medium bell pepper green cut into 2-inch-long strips
- 1 medium onion sliced
- 1 teaspoon oregano dried crushed
- 4 servings parmesan cheese grated
- 21 ounce fatty pork canned
- 1 pound pork sausage sweet italian cut into 1-inch pieces

Equipment

frying pan

Directions

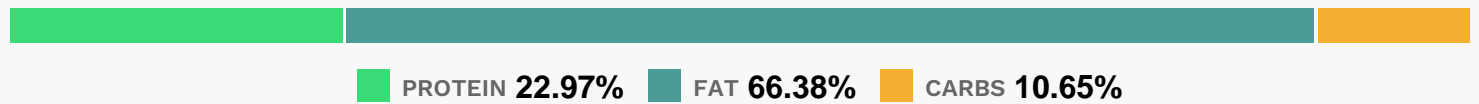
Cook the sausage in a 12-inch skillet until well browned, stirring often. Stir in the pepper, onion and oregano and cook until the vegetables are tender.

Stir the gravy in the skillet and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the sausage is cooked through.

Add the pasta to the skillet and toss to coat.

Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:8.65, Inflammation Score:-7, Nutrition Score:31.091304240019%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 970.27kcal (48.51%), Fat: 70.65g (108.69%), Saturated Fat: 26.47g (165.46%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 23.3g (8.47%), Sugar: 2.24g (2.49%), Cholesterol: 214.91mg (71.64%), Sodium: 1332.24mg (57.92%), Alcohol: Og (100%), Protein: 55.01g (110.01%), Vitamin B1: 1.45mg (96.75%), Selenium: 62.23µg (88.9%), Phosphorus: 651.28mg (65.13%), Vitamin B3: 12.24mg (61.19%), Vitamin B6: 1.07mg (53.7%), Zinc: 7.42mg (49.48%), Vitamin B12: 2.41µg (40.18%), Vitamin B2: 0.62mg (36.55%), Vitamin C: 27.8mg (33.7%), Calcium: 317.49mg (31.75%), Potassium: 887.03mg (25.34%), Iron: 3.77mg (20.95%), Vitamin B5: 1.98mg (19.84%), Magnesium: 71.93mg (17.98%), Manganese: 0.33mg (16.26%), Copper: 0.24mg (12.2%), Vitamin D: 1.62µg (10.83%), Vitamin A: 474.1IU (9.48%), Fiber: 2.21g (8.82%), Vitamin K: 6.38µg (6.08%), Folate: 23.73µg (5.93%), Vitamin E: 0.61mg (4.06%)