



Caprese Sausage Pasta Salad

READY IN



90 min.

SERVINGS



4

CALORIES



712 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7.6 oz ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup pinenuts
- 0.3 cup water cold
- 3 tablespoons olive oil
- 1 cup grape tomatoes cut in half
- 7 oz baby mozzarella balls fresh cut into bite-size pieces (small mozzarella cheese balls)
- 10 oz ground sausage smoked italian thinly sliced
- 2 tablespoons basil fresh chopped

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- Meanwhile, to toast pine nuts, place in ungreased heavy skillet. Cook over medium heat 3 to 5 minutes, stirring constantly until nuts are light brown.
- In large bowl, combine Seasoning mix from packet, cold water and oil. Stir in tomatoes, cheese and sausage. Stir in cooked pasta until well mixed.
- Cover; refrigerate about 1 hour or until chilled.
- Garnish with pine nuts and basil.

Nutrition Facts

PROTEIN 16.42% **FAT 69.44%** **CARBS 14.14%**

Properties

Glycemic Index:34, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:15.062173988508%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 712.24kcal (35.61%), Fat: 50.21g (77.24%), Saturated Fat: 13.38g (83.64%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 20.17g (7.33%), Sugar: 4.39g (4.88%), Cholesterol: 71.72mg (23.91%), Sodium: 1333.46mg (57.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.41%), Manganese: 0.84mg (41.89%),

Vitamin B1: 0.45mg (29.83%), Folate: 118.38µg (29.59%), Selenium: 17.64µg (25.2%), Calcium: 218.15mg (21.81%),
Vitamin K: 17.96µg (17.11%), Vitamin E: 2.51mg (16.72%), Iron: 2.99mg (16.59%), Phosphorus: 158.66mg (15.87%),
Vitamin A: 779.7IU (15.59%), Vitamin B3: 2.9mg (14.52%), Potassium: 455.68mg (13.02%), Vitamin B6: 0.25mg
(12.6%), Zinc: 1.89mg (12.58%), Fiber: 2.84g (11.37%), Vitamin B12: 0.64µg (10.75%), Copper: 0.2mg (9.85%), Vitamin
C: 8.01mg (9.71%), Magnesium: 36.04mg (9.01%), Vitamin B2: 0.15mg (8.59%), Vitamin B5: 0.42mg (4.23%)