



Chicken Sausage Pappardelle Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 1 lb chicken sausage links cut into 3/4-inch-thick slices
- 1 cup chicken broth fat-free reduced-sodium
- 0.7 cup half-and-half
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 1 Tbsp oil
- 1 tsp oregano leaves dried
- 0.5 lb pappardelle pasta uncooked
- 1 bell pepper red halved cut into thin strips, crosswise

2 Tbsp reduced fat topping parmesan style grated kraft

Equipment

frying pan

sauce pan

Directions

Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.

Meanwhile, heat oil in large skillet on medium-high heat.

Add sausage; cook on medium heat 5 min., stirring occasionally.

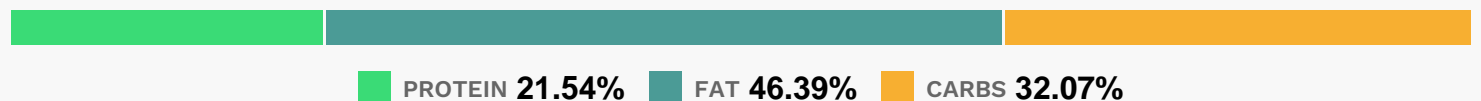
Add peppers; cook and stir 5 min. or until peppers are crisp-tender and sausage is done.

Drain pasta mixture.

Add to skillet along with broth, half-and-half and oregano; cook and stir 3 to 5 min. or until sauce is slightly thickened. Top with shredded cheese; cook 1 to 2 min. or until cheese is melted.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:3.77, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:2.9295652469863%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 86.86kcal (4.34%), Fat: 4.6g (7.08%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.64g (2.42%), Sugar: 0.83g (0.92%), Cholesterol: 19.95mg (6.65%), Sodium: 204.86mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin C: 10.75mg (13.03%), Selenium: 6.51µg

(9.3%), Vitamin K: 7.2µg (6.86%), Vitamin A: 242.13IU (4.84%), Manganese: 0.09mg (4.3%), Phosphorus: 31.71mg (3.17%), Calcium: 23.95mg (2.4%), Vitamin B6: 0.04mg (2.15%), Iron: 0.37mg (2.07%), Folate: 8.25µg (2.06%), Fiber: 0.52g (2.06%), Vitamin B2: 0.03mg (1.84%), Magnesium: 7.04mg (1.76%), Vitamin E: 0.24mg (1.63%), Potassium: 56.53mg (1.62%), Copper: 0.03mg (1.46%), Zinc: 0.22mg (1.45%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.14mg (1.43%)