



## Chicken Sausage, Peppers & Tomatoes with Linguine

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 bell peppers assorted coarsely chopped ( colors)
- 12 oz chicken sausage links
- 0.5 lb pasta uncooked
- 0.3 cup parmesan cheese divided grated kraft
- 3 tomatoes chopped

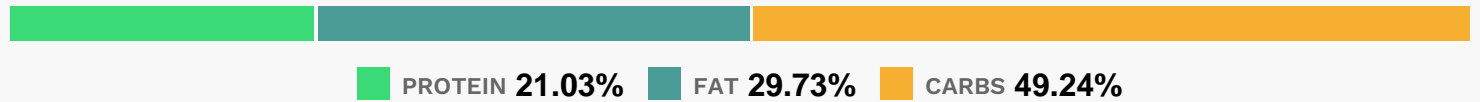
### Equipment

- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook sausage and peppers in large nonstick skillet on medium-high heat 5 min. or until sausage is heated through and peppers are crisp-tender, stirring occasionally. Stir in tomatoes; cover. Simmer on medium-low heat 5 to 6 min. or until tomatoes are softened, stirring occasionally.
- Drain pasta.
- Add to skillet with 2 Tbsp. cheese; mix lightly.
- Sprinkle with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.48, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:3.7065217241483%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 71.45kcal (3.57%), Fat: 2.41g (3.7%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.21g (2.98%), Sugar: 1.39g (1.55%), Cholesterol: 10.48mg (3.49%), Sodium: 158.56mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 20.49mg (24.84%), Vitamin A: 626.74IU (12.53%), Selenium: 6.1µg (8.71%), Manganese: 0.12mg (5.84%), Vitamin B6: 0.07mg (3.35%), Phosphorus: 30.74mg (3.07%), Fiber: 0.77g (3.07%), Folate: 10.48µg (2.62%), Potassium: 87.18mg (2.49%), Vitamin E: 0.32mg (2.14%), Magnesium: 8.5mg (2.12%), Vitamin B3: 0.38mg (1.91%), Iron: 0.34mg (1.89%), Copper: 0.04mg (1.89%), Vitamin K: 1.89µg (1.8%), Zinc: 0.23mg (1.55%), Vitamin B1: 0.02mg (1.44%), Vitamin B2: 0.02mg (1.4%), Calcium: 13.22mg (1.32%), Vitamin B5: 0.1mg (1.01%)