



Contadina® Bow Ties In Sausage And Pepper Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bow-tie pasta dry
- 1.5 cups bell pepper green thinly sliced
- 12 ounces sausage sweet italian cut into 3/4-inch pieces
- 1.5 cups onion thinly sliced
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 1.5 cups bell pepper red thinly sliced
- 30 ounce contadina® tomato sauce canned

1.5 cups bell pepper yellow thinly sliced

Equipment

frying pan

Directions

Cook pasta according to package directions; drain.

Meanwhile, cook sausage and onion in large non-stick skillet until sausage is lightly browned.

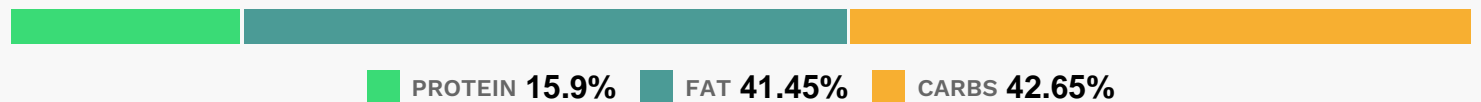
Drain if needed.

Add peppers; cook 2 minutes, stirring frequently.

Add tomato sauce and oregano. Bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.

Stir in pasta and toss with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:22.93, Inflammation Score:-10, Nutrition Score:34.442173914417%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.55mg, Luteolin: 3.55mg, Luteolin: 3.55mg, Luteolin: 3.55mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg

Nutrients (% of daily need)

Calories: 647.41kcal (32.37%), Fat: 30.34g (46.68%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 70.22g (23.41%), Net Carbohydrates: 61.47g (22.35%), Sugar: 15.33g (17.03%), Cholesterol: 70.07mg (23.36%), Sodium: 1749.8mg (76.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Vitamin C: 240mg (290.91%), Selenium: 60.92µg (87.03%), Vitamin A: 3048.IIU (60.96%), Manganese: 1.09mg (54.4%), Vitamin B6: 1.01mg (50.27%), Vitamin B1: 0.69mg (46.17%), Potassium: 1409.48mg (40.27%), Phosphorus: 381.85mg (38.18%), Vitamin B3: 7.23mg (36.17%), Fiber: 8.76g (35.02%), Copper: 0.61mg (30.5%), Vitamin E: 4.3mg (28.69%), Iron: 4.72mg (26.2%), Magnesium: 101.71mg (25.43%), Vitamin B2: 0.43mg (25.37%), Folate: 94.33µg (23.58%), Zinc: 3.48mg (23.18%), Vitamin B5: 1.76mg (17.58%), Calcium: 145.67mg (14.57%), Vitamin B12: 0.86µg (14.31%), Vitamin K:

14.78µg (14.08%)