



Fettuccine with Roasted Tomatoes, Vegetables and Sausage

READY IN



40 min.

SERVINGS



5

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup feta cheese with herbs crumbled
- 8 ounces fettuccine barilla uncooked
- 3 garlic clove coarsely chopped
- 1 tablespoon olive oil
- 1 large onion sliced
- 8 plum tomatoes quartered
- 19.8 ounce mild sausage links to package directions and coin italian prepared sliced johnsonville®
- 1 medium bell pepper sweet red yellow cut into 1-inch pieces

2 small zucchini sliced

Equipment

bowl

oven

baking pan

Directions

In a large bowl, combine the tomatoes, zucchini, onion, yellow pepper and garlic.

Drizzle with oil; toss to coat.

Place in a 13-inch x 9-inch x 2-inch baking dish.

Bake, uncovered, at 450 degrees F for 20 minutes. Stir in sausage.

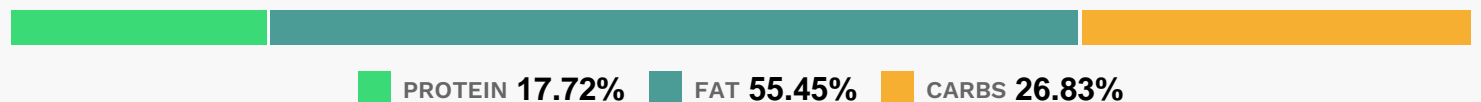
Bake 5–8 minutes longer or until vegetables are crisp–tender and sausage is hot.

Meanwhile, cook fettuccine according to package directions; drain.

Add fettuccine and feta cheese to sausage mixture; toss to combine.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.2, Glycemic Load:16.05, Inflammation Score:-9, Nutrition Score:26.406956548276%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 645.9kcal (32.29%), Fat: 39.83g (61.28%), Saturated Fat: 13.86g (86.65%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 39.15g (14.24%), Sugar: 6.93g (7.7%), Cholesterol: 138.79mg (46.26%), Sodium:

989.83mg (43.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Vitamin C: 56.07mg (67.96%), Selenium: 39.64µg (56.63%), Vitamin B6: 0.82mg (41%), Phosphorus: 395.78mg (39.58%), Vitamin B3: 7.53mg (37.64%), Vitamin A: 1873.78IU (37.48%), Manganese: 0.69mg (34.59%), Vitamin B1: 0.51mg (33.87%), Zinc: 4.4mg (29.34%), Vitamin B2: 0.46mg (27.11%), Potassium: 862.04mg (24.63%), Vitamin B12: 1.46µg (24.4%), Magnesium: 71.98mg (18%), Vitamin B5: 1.69mg (16.91%), Fiber: 4.21g (16.83%), Calcium: 166.21mg (16.62%), Iron: 2.91mg (16.14%), Folate: 64.38µg (16.1%), Copper: 0.32mg (16.03%), Vitamin K: 13.95µg (13.28%), Vitamin E: 1.8mg (12%), Vitamin D: 1.68µg (11.22%)