



Grilled Italian Sausages with Pasta and Vegetables

 Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds ground sausage italian (4 or 5 links)
- 2 large bell pepper cut lengthwise into fourths
- 0.8 cup salad dressing italian
- 6 ounces penne pasta uncooked
- 4 plum tomatoes chopped (Roma)
- 2 tablespoons basil dried fresh chopped

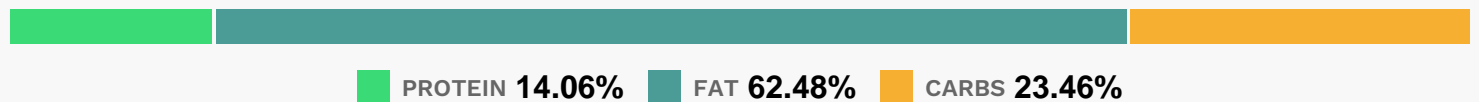
Equipment

grill

Directions

- Heat coals or gas grill for direct heat. Grill sausages 4 to 6 inches from medium heat 15 to 20 minutes, turning frequently, until no longer pink in center.
- Brush bell pepper pieces with about 2 tablespoons of the dressing.
- Add to grill for last 10 minutes of cooking time, turning frequently, until crisp-tender.
- Meanwhile, cook and drain pasta as directed on package.
- Cut sausages into 1/2-inch slices; cut bell peppers into 1 1/2-inch pieces. Toss pasta, sausages, bell peppers, tomatoes and remaining dressing.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:11.75, Inflammation Score:-9, Nutrition Score:27.28565211918%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 632.88kcal (31.64%), Fat: 43.84g (67.45%), Saturated Fat: 14g (87.51%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 33.39g (12.14%), Sugar: 8.8g (9.78%), Cholesterol: 86.18mg (28.73%), Sodium: 1187.33mg (51.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.39%), Vitamin C: 93.18mg (112.95%), Selenium: 50.44µg (72.06%), Vitamin K: 54.34µg (51.75%), Vitamin A: 2491.7IU (49.83%), Vitamin B1: 0.74mg (49.12%), Manganese: 0.68mg (33.77%), Vitamin B6: 0.66mg (33.15%), Vitamin B3: 5.33mg (26.63%), Phosphorus: 263.95mg (26.4%), Iron: 3.72mg (20.69%), Potassium: 690.42mg (19.73%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.3mg (17.37%), Vitamin B12: 1.03µg (17.2%), Vitamin E: 2.28mg (15.23%), Magnesium: 60.37mg (15.09%), Fiber: 3.66g (14.66%), Folate: 57.77µg (14.44%), Copper: 0.27mg (13.49%), Vitamin B5: 0.99mg (9.9%), Calcium: 77.53mg (7.75%)