



## Grilled Italian Sausages with Pasta and Vegetables

 Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

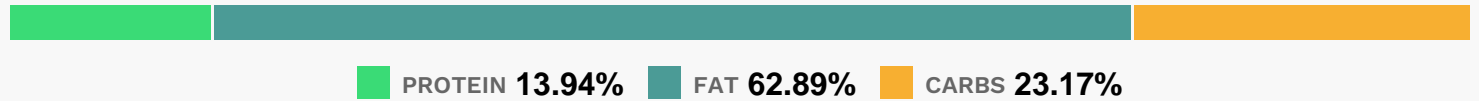
### Equipment

- 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:24.661739059117%

## 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: 629.15kcal (31.46%), Fat: 43.78g (67.35%), Saturated Fat: 13.97g (87.29%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.23g (12.08%), Sugar: 8.77g (9.75%), Cholesterol: 86.18mg (28.73%), Sodium: 1186.12mg (51.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.65%), Vitamin C: 93.17mg (112.94%), Selenium: 50.39µg (71.99%), Vitamin A: 2479.79IU (49.6%), Vitamin B1: 0.74mg (49.04%), Vitamin B6: 0.64mg (32.08%), Vitamin B3: 5.25mg (26.23%), Phosphorus: 259.57mg (25.96%), Manganese: 0.52mg (25.93%), Vitamin K: 26.91µg (25.63%), Zinc: 2.78mg (18.55%), Potassium: 648.34mg (18.52%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.28mg (16.24%), Vitamin E: 2.11mg (14.09%), Folate: 52.81µg (13.2%), Iron: 2.29mg (12.71%), Fiber: 3.06g (12.25%), Magnesium: 49mg (12.25%), Copper: 0.24mg (11.81%), Vitamin B5: 0.98mg (9.77%), Calcium: 41.69mg (4.17%)