



## Italian Sausage and Orzo Skillet

READY IN



40 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6.5 oz soup noodles uncooked
- 1 lb mild sausage links to package directions and coin italian cut into 3/4-inch slices
- 1 teaspoon vegetable oil
- 4 oz green beans cut in 1-inch pieces ( 1 cup)
- 0.8 cup bell pepper yellow
- 0.5 cup baby carrots peeled cut in half lengthwise
- 0.3 teaspoon salt
- 2 tablespoons water
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned

- 3 oz feta cheese crumbled
- 1 serving parsley fresh chopped

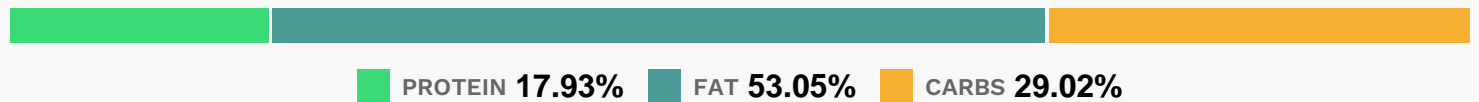
## Equipment

- frying pan

## Directions

- Cook and drain pasta as directed on package.
- In 10-inch nonstick skillet, cook sausage over medium-high heat 7 to 9 minutes, stirring occasionally, until no longer pink and thoroughly cooked.
- Transfer to plate. In same skillet, heat oil over medium heat.
- Add beans, bell peppers, carrots and salt; stir 1 minute to coat vegetables.
- Add water. Cover; reduce heat to low, and cook 5 to 6 minutes or until vegetables are crisp-tender.
- Remove cover; stir in tomatoes, sausage and cooked pasta. Increase heat to medium; cook 3 to 4 minutes or until completely heated through.
- Garnish with cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:29.17, Glycemic Load:9.75, Inflammation Score:-9, Nutrition Score:16.492608650871%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 418.57kcal (20.93%), Fat: 24.42g (37.57%), Saturated Fat: 8.75g (54.71%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 27.54g (10.01%), Sugar: 3.53g (3.92%), Cholesterol: 67.05mg (22.35%), Sodium:

857.1mg (37.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Vitamin C: 39.41mg (47.77%), Vitamin A: 2085.31IU (41.71%), Selenium: 21.8µg (31.15%), Vitamin B3: 4.59mg (22.95%), Phosphorus: 222.9mg (22.29%), Vitamin K: 22.03µg (20.98%), Vitamin B6: 0.4mg (20.24%), Vitamin B1: 0.28mg (18.79%), Manganese: 0.37mg (18.47%), Zinc: 2.58mg (17.23%), Vitamin B2: 0.26mg (15.24%), Vitamin B12: 0.88µg (14.7%), Iron: 2.12mg (11.77%), Calcium: 117.27mg (11.73%), Potassium: 373.12mg (10.66%), Fiber: 2.52g (10.08%), Magnesium: 37.97mg (9.49%), Copper: 0.19mg (9.43%), Vitamin B5: 0.9mg (8.96%), Vitamin D: 1.04µg (6.93%), Folate: 25.79µg (6.45%), Vitamin E: 0.35mg (2.31%)