



Italian Sausage and Pasta Bow Ties

READY IN



35 min.

SERVINGS



35

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups farfalle pasta uncooked (bow-tie pasta)
- 2 pasilla peppers green coarsely chopped
- 1 lb mild sausage links to package directions and coin italian cut into 1/2-inch-thick slices
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 cups classico family favorites pasta sauce traditional

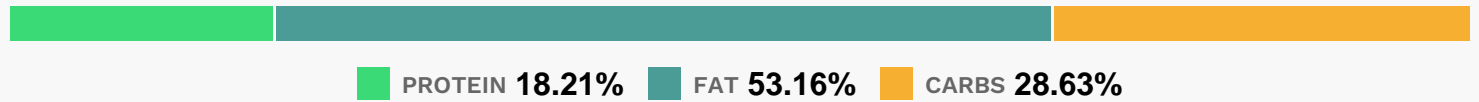
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook sausage and peppers in large skillet on medium-high heat 15 min., stirring peppers and turning sausage occasionally. Stir in sauce; cover. Simmer on medium heat 10 min. or until heated through, stirring occasionally.
- Drain pasta.
- Add to skillet; mix lightly.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:3.1082608905499%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 79.95kcal (4%), Fat: 4.71g (7.25%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.86g (0.95%), Cholesterol: 11.9mg (3.97%), Sodium: 181.47mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Selenium: 7.55µg (10.79%), Vitamin C: 6.71mg (8.13%), Vitamin B1: 0.09mg (5.79%), Phosphorus: 49.7mg (4.97%), Manganese: 0.09mg (4.31%), Vitamin B6: 0.08mg (3.93%), Vitamin B3: 0.7mg (3.49%), Calcium: 31.26mg (3.13%), Zinc: 0.44mg (2.96%), Potassium: 102.34mg (2.92%), Vitamin B2: 0.05mg (2.71%), Copper: 0.05mg (2.45%), Vitamin B12: 0.14µg (2.4%), Iron: 0.4mg (2.2%), Magnesium: 8.51mg (2.13%), Fiber: 0.52g (2.07%), Vitamin A: 101.17IU (2.02%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.14mg (1.44%), Folate: 4.34µg (1.09%)