



Italian Sausage and Pasta Bow Ties

READY IN



35 min.

SERVINGS



6

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

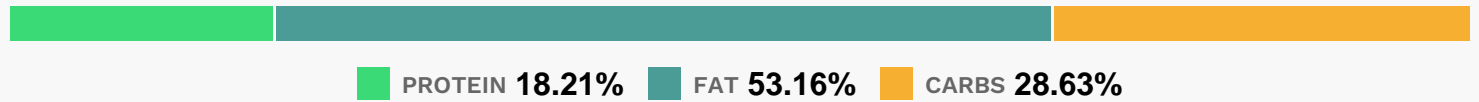
Equipment

- 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:20.83, Glycemic Load:12.16, Inflammation Score:-6, Nutrition Score:18.130869414495%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 466.37kcal (23.32%), Fat: 27.5g (42.3%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 30.3g (11.02%), Sugar: 5g (5.56%), Cholesterol: 69.4mg (23.13%), Sodium: 1058.56mg (46.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.37%), Selenium: 44.05µg (62.92%), Vitamin C: 39.12mg (47.42%), Vitamin B1: 0.51mg (33.76%), Phosphorus: 289.91mg (28.99%), Manganese: 0.5mg (25.12%), Vitamin B6: 0.46mg (22.92%), Vitamin B3: 4.07mg (20.36%), Calcium: 182.33mg (18.23%), Zinc: 2.59mg (17.29%), Potassium: 596.96mg (17.06%), Vitamin B2: 0.27mg (15.81%), Copper: 0.29mg (14.32%), Vitamin B12: 0.84µg (14.02%), Iron: 2.31mg (12.82%), Magnesium: 49.64mg (12.41%), Fiber: 3.02g (12.08%), Vitamin A: 590.17IU (11.8%), Vitamin E: 1.39mg (9.25%), Vitamin B5: 0.84mg (8.43%), Folate: 25.34µg (6.34%), Vitamin K: 5.56µg (5.29%)