



 **54%**
HEALTH SCORE

Italian Sausage and Pepper Stew

READY IN



25 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19.5 oz turkey sausage sweet italian hot cut into 2-inch pieces (or)
- 1 large bell pepper red cut into bite-size strips
- 1 large bell pepper yellow cut into bite-size strips
- 14.5 oz tomatoes diced organic undrained canned
- 1 teaspoon basil dried crushed
- 2.5 cups penne pasta uncooked
- 1 serving parmesan cheese grated

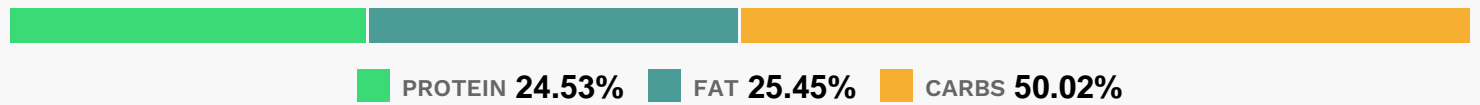
Equipment

dutch oven

Directions

- In 6-quart Dutch oven, cook and stir sausage and bell peppers over medium-high heat about 8 minutes or until sausage is no longer pink; drain.
- Reduce heat to medium-low. Stir in tomatoes and basil; cover and simmer 10 minutes.
- Meanwhile, cook and drain pasta as directed on package.
- Serve sausage and peppers over cooked pasta; top with cheese.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:22.67, Inflammation Score:-10, Nutrition Score:33.304347991943%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 553.09kcal (27.65%), Fat: 15.69g (24.14%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 63.29g (23.01%), Sugar: 10.73g (11.93%), Cholesterol: 79.77mg (26.59%), Sodium: 1425.9mg (62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Vitamin C: 193.9mg (235.03%), Selenium: 77.93µg (111.33%), Iron: 15.11mg (83.93%), Vitamin A: 2498.51IU (49.97%), Manganese: 0.98mg (49.22%), Phosphorus: 483.29mg (48.33%), Vitamin B6: 0.92mg (45.77%), Vitamin B3: 7.72mg (38.59%), Zinc: 4.63mg (30.89%), Potassium: 878.08mg (25.09%), Magnesium: 98.02mg (24.51%), Fiber: 6.1g (24.4%), Copper: 0.48mg (24.11%), Vitamin B2: 0.38mg (22.13%), Folate: 71.3µg (17.83%), Vitamin B5: 1.73mg (17.31%), Vitamin B1: 0.24mg (15.79%), Vitamin K: 14.61µg (13.92%), Calcium: 133.95mg (13.4%), Vitamin B12: 0.7µg (11.59%), Vitamin E: 1.35mg (8.97%)