

Italian Sausage and Peppers with Penne

READY IN



50 min.

SERVINGS



6

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound noodles tube-shaped uncooked cooked drained (penne or ziti)
- 2 tablespoons olive oil
- 2 medium onion sliced
- 6 servings parmesan cheese grated
- 2 medium pasilla peppers green red cut into 2-inch strips
- 1.5 pounds pork sausage sweet italian hot cut into 1/2-inch slices
- 26 ounce tomato basil sauce italian organic traditional

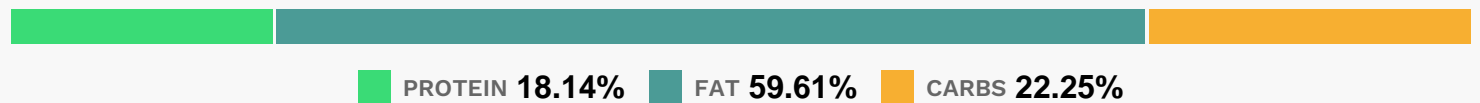
Equipment

- frying pan
- slotted spoon

Directions

- Heat 1 tablespoon of the oil in a 12-inch skillet over medium-high heat.
- Add the sausage in 2 batches and cook until it's well browned.
- Remove sausage with a slotted spoon and set aside.
- Reduce the heat to medium and add the remaining oil.
- Add the peppers and onions and cook for 5 minutes.
- Stir the pasta sauce into the skillet.
- Heat to a boil. Return the sausage to the skillet and reduce the heat to low. Cover and cook for 20 minutes or until the sausage is cooked through and the vegetables are tender.
- Serve over the pasta and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:8.86, Inflammation Score:-8, Nutrition Score:20.603478369506%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 712.92kcal (35.65%), Fat: 46.73g (71.89%), Saturated Fat: 15.88g (99.25%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 33.01g (12%), Sugar: 11.69g (12.99%), Cholesterol: 107.75mg (35.92%), Sodium: 1711.44mg (74.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.98%), Vitamin C: 41.3mg (50.06%), Phosphorus: 394.74mg (39.47%), Selenium: 25.65µg (36.65%), Calcium: 331.13mg (33.11%), Vitamin B3: 5.82mg (29.08%), Zinc: 4.16mg (27.75%), Vitamin B6: 0.53mg (26.6%), Potassium: 877.48mg (25.07%), Fiber: 6.25g (25%), Vitamin B1: 0.37mg (24.72%), Vitamin A: 1229.14IU (24.58%), Vitamin B12: 1.37µg (22.81%), Iron: 3.07mg

(17.06%), Vitamin B2: 0.27mg (16.13%), Manganese: 0.31mg (15.47%), Magnesium: 44.21mg (11.05%), Vitamin D: 1.62µg (10.83%), Vitamin B5: 1.01mg (10.06%), Copper: 0.18mg (9.2%), Vitamin E: 1.23mg (8.19%), Vitamin K: 6.85µg (6.53%), Folate: 17.84µg (4.46%)