



Italian Sausage Pasta

READY IN



35 min.

SERVINGS



8

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups cavatappi pasta uncooked
- 2 pasilla peppers green cut into 1/2-inch-wide strips
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 1 lb mild sausage links to package directions and coin italian
- 0.7 cup onion wedges red
- 5 plum tomatoes coarsely chopped
- 6 Tbsp tuscan house dressing italian divided kraft
- 1 slices baby squash yellow

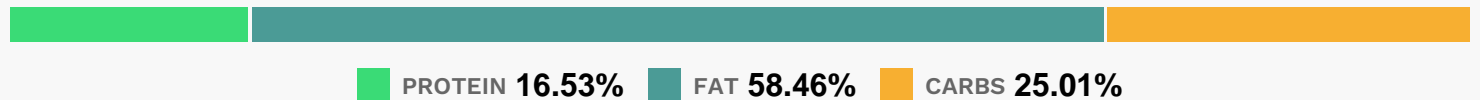
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat grill to medium-low heat.
- Combine vegetables; place on large sheet of heavy-duty foil.
- Drizzle with 1/4 cup dressing. Fold to make packet.
- Grill packet and sausage 15 to 20 min. or until sausage is done, turning sausage occasionally. Meanwhile, cook pasta as directed on package, omitting salt.
- Cut sausage links lengthwise in half, then crosswise into thin slices; place in large bowl.
- Cut slits in foil to release steam before opening packet.
- Add vegetables (with their juices) to sausage.
- Drain pasta; add to bowl with remaining dressing. Toss pasta mixture until combined; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:7.62, Inflammation Score:-5, Nutrition Score:11.783478415531%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 369.51kcal (18.48%), Fat: 24.07g (37.04%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 21.24g (7.72%), Sugar: 4.12g (4.57%), Cholesterol: 45.89mg (15.3%), Sodium: 555.29mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.63%), Selenium: 28.57µg (40.82%), Vitamin C: 31.6mg (38.31%), Vitamin B1: 0.38mg (25.5%), Manganese: 0.34mg (17.12%), Vitamin B6: 0.33mg (16.27%), Phosphorus: 144.28mg (14.43%), Vitamin B3: 2.63mg (13.17%), Vitamin K: 11.55µg (11%), Potassium: 369.49mg (10.56%), Zinc: 1.47mg (9.8%), Vitamin A: 439.57IU (8.79%), Vitamin B12: 0.52µg (8.6%), Copper: 0.16mg (8.04%), Fiber: 1.93g (7.72%), Vitamin B2: 0.13mg (7.64%), Magnesium: 29.2mg (7.3%), Iron: 1.23mg (6.82%), Calcium: 54.47mg (5.45%), Folate: 20.27µg (5.07%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.59mg (3.93%)