



Italian Sausage with Tomatoes and Penne

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounces penne pasta uncooked
- 1 pound ground sausage italian uncooked
- 0.5 cup beef broth flavored (from 32-ounce carton)
- 1 medium to 3 sized squashes yellow
- 2 cups cherry tomatoes
- 0.3 cup basil dried fresh chopped
- 6 spring onion cut into 1/2-inch pieces (1/2 cup)
- 2 tablespoons vegetable oil

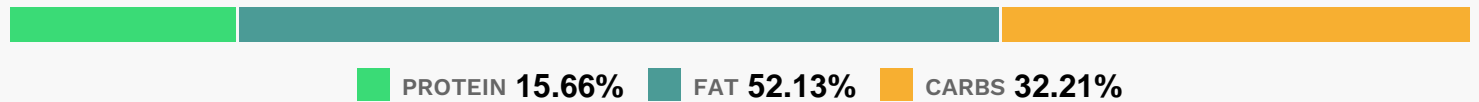
Equipment

- bowl
- frying pan

Directions

- Cook and drain pasta as directed on package.
- Meanwhile, cut sausage crosswise into 1/4-inch slices. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Add sausage; stir-fry 4 to 6 minutes or until brown. Stir in broth. Cover and cook over medium heat 5 minutes.
- Stir in squash, tomatoes and 2 tablespoons of the basil.
- Heat to boiling; reduce heat. Cover and simmer 5 minutes, stirring occasionally. Stir in onions. Simmer uncovered 1 minute.
- Toss pasta, oil and remaining 2 tablespoons basil. Divide pasta among bowls. Top with sausage mixture.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:19.98, Inflammation Score:-8, Nutrition Score:40.199999850729%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 752.68kcal (37.63%), Fat: 44.16g (67.94%), Saturated Fat: 14.38g (89.9%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 52.24g (19%), Sugar: 5.31g (5.9%), Cholesterol: 86.18mg (28.73%), Sodium: 967.66mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.69%), Vitamin K: 306.9µg (292.29%), Manganese: 2.3mg (114.78%), Selenium: 69.67µg (99.53%), Iron: 16.44mg (91.35%), Vitamin B1: 0.77mg (51.61%), Magnesium: 174.05mg (43.51%), Vitamin B6: 0.81mg (40.43%), Calcium: 395.33mg (39.53%), Vitamin C:

31.09mg (37.68%), Phosphorus: 372.14mg (37.21%), Fiber: 9.14g (36.58%), Copper: 0.68mg (34.07%), Potassium: 1174.7mg (33.56%), Vitamin B3: 6.46mg (32.29%), Vitamin B2: 0.51mg (30.17%), Zinc: 4.3mg (28.64%), Folate: 102.41µg (25.6%), Vitamin E: 2.78mg (18.56%), Vitamin B12: 1.05µg (17.55%), Vitamin A: 751.78IU (15.04%), Vitamin B5: 1.17mg (11.69%)