



Italian Sausage with Tomatoes and Penne

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

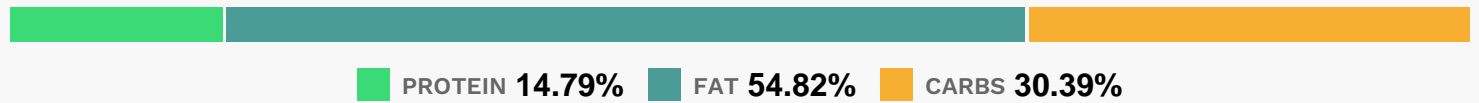
Equipment

- 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:-7, Nutrition Score:24.939565202464%

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: 718.23kcal (35.91%), Fat: 43.56g (67.02%), Saturated Fat: 14.07g (87.91%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 50.76g (18.46%), Sugar: 5.06g (5.62%), Cholesterol: 86.18mg (28.73%), Sodium: 956.42mg (41.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Selenium: 69.22µg (98.89%), Vitamin K: 53.38µg (50.84%), Vitamin B1: 0.76mg (50.82%), Manganese: 0.85mg (42.32%), Vitamin C: 30.97mg (37.54%), Phosphorus: 331.62mg (33.16%), Vitamin B6: 0.61mg (30.52%), Vitamin B3: 5.73mg (28.67%), Potassium: 785.81mg (22.45%), Zinc: 3.25mg (21.64%), Vitamin B2: 0.34mg (19.73%), Copper: 0.37mg (18.54%), Iron: 3.16mg (17.58%), Vitamin B12: 1.05µg (17.55%), Magnesium: 68.92mg (17.23%), Fiber: 3.57g (14.28%), Folate: 56.57µg (14.14%), Vitamin A: 641.77IU (12.84%), Vitamin B5: 1.04mg (10.45%), Vitamin E: 1.2mg (8.01%), Calcium: 64.11mg (6.41%)