



Johnsonville Smoked Chicken Italian Sausage and Broccoli Rigatoni

READY IN



30 min.

SERVINGS



15

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups broccoli florets fresh
- ☐ 12 ounces mild chicken sausage italian sliced cheese style
- ☐ 0.5 cup salad dressing italian
- ☐ 1 medium bell pepper diced red
- ☐ 12 ounces rigatoni uncooked (approx. 4-)
- ☐ 0.3 cup pecorino cheese grated

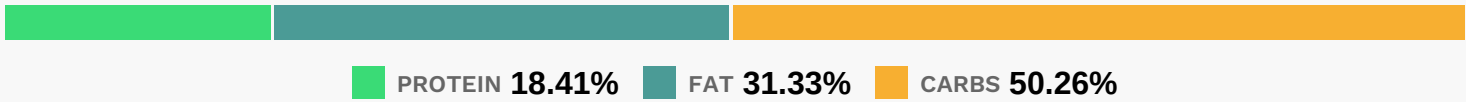
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan, cook pasta according to package directions. During the last 3 minutes of cooking time add broccoli, continue to cook; drain.
- ☐ Pour into a large serving bowl. Using the same saucepan, add bell pepper, sausage and dressing; cook and stir until heated through.
- ☐ Pour over hot pasta mixture.
- ☐ Add cheese and toss to coat.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:8.87, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:6.8234782165483%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 163kcal (8.15%), Fat: 5.73g (8.82%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 19.33g (7.03%), Sugar: 2.38g (2.64%), Cholesterol: 17.75mg (5.92%), Sodium: 337.48mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin C: 26.74mg (32.41%), Vitamin K: 23.4µg (22.28%), Selenium: 15.19µg (21.71%), Manganese: 0.26mg (12.89%), Vitamin A: 451.57IU (9.03%), Phosphorus: 70.78mg (7.08%), Fiber: 1.37g (5.46%), Folate: 19.31µg (4.83%), Vitamin B6: 0.09mg (4.68%), Magnesium: 17.87mg (4.47%), Copper: 0.08mg (3.89%), Iron: 0.69mg (3.82%), Potassium: 132.84mg (3.8%), Calcium: 32.62mg (3.26%), Vitamin E: 0.47mg (3.12%), Zinc: 0.46mg (3.08%), Vitamin B3: 0.59mg (2.96%), Vitamin B2: 0.05mg (2.81%), Vitamin B1: 0.04mg (2.65%), Vitamin B5: 0.23mg (2.34%)