



## Johnsonville® Three Cheese Oven-Roasted Pasta Primavera

READY IN



65 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce three chicken sausage italian sliced johnsonville® cheese style
- 8 ounces mushrooms fresh quartered
- 1 pint grape tomatoes halved
- 12 ounces pasta uncooked
- 0.3 cup olive oil
- 1 medium onion chopped
- 6 servings parmesan cheese grated
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 1 medium bell pepper red yellow chopped
- 1 medium zucchini sliced

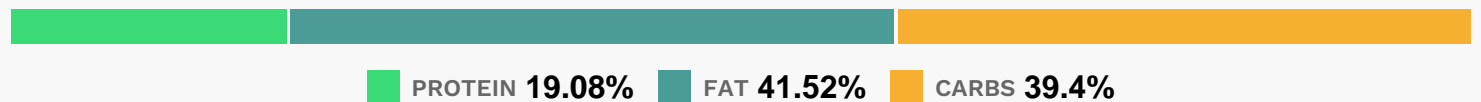
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 400 degrees F. In a large bowl, combine the zucchini, mushrooms, tomatoes, onion and bell pepper.
- Add the oil, salt and pepper; toss to coat.
- Transfer to a greased shallow baking pan.
- Bake for 30 minutes or until vegetables are tender and lightly browned, stirring occasionally.
- Sprinkle sausage over vegetables.
- Bake 5 minutes longer or until sausage is heated through.
- Meanwhile, cook linguine according to package directions; drain and place in a large bowl.
- Add sausage mixture and toss.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:18.59, Inflammation Score:-8, Nutrition Score:21.149999867315%

## Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

## **Nutrients (% of daily need)**

Calories: 570.47kcal (28.52%), Fat: 26.7g (41.08%), Saturated Fat: 7.8g (48.74%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 53.06g (19.3%), Sugar: 6.63g (7.37%), Cholesterol: 66.13mg (22.04%), Sodium: 1215.09mg (52.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Selenium: 50.07µg (71.53%), Vitamin C: 55.99mg (67.87%), Manganese: 0.76mg (38.17%), Phosphorus: 371.35mg (37.14%), Calcium: 298.09mg (29.81%), Vitamin A: 1222.17IU (24.44%), Vitamin B2: 0.35mg (20.3%), Copper: 0.39mg (19.45%), Potassium: 643.48mg (18.39%), Zinc: 2.6mg (17.33%), Fiber: 3.97g (15.86%), Vitamin B3: 3.17mg (15.83%), Vitamin B6: 0.32mg (15.8%), Magnesium: 62.79mg (15.7%), Vitamin E: 1.98mg (13.23%), Vitamin K: 13.76µg (13.11%), Folate: 46.75µg (11.69%), Iron: 2.06mg (11.45%), Vitamin B5: 1.1mg (11.01%), Vitamin B1: 0.15mg (9.84%), Vitamin B12: 0.42µg (7%), Vitamin D: 0.23µg (1.5%)