



 **28%**
HEALTH SCORE

Johnsonville Zesty Italian Sausage Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



911 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 14.5 ounce roma tomatoes diced italian canned
- 10.5 ounce chicken broth canned
- 1 teaspoon garlic minced
- 16 ounce pasta
- 3 tablespoons olive oil
- 19.8 ounce mild sausage links to package directions and coin italian johnsonville®
- 1 small onion sweet thinly sliced

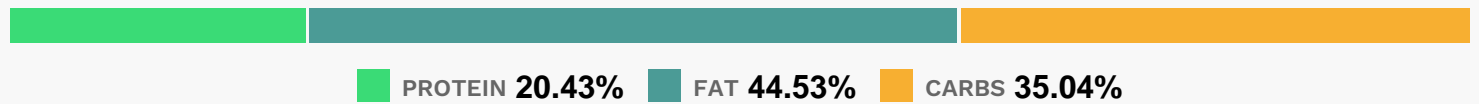
Equipment

- sauce pan

Directions

- Prepare sausage according to directions. Cool slightly; cut into 1/4-in. slices. Prepare pasta according to package directions.
- In a large saucepan, saute the onion and garlic in olive oil until tender. Stir in tomatoes and chicken broth. Bring to a simmer.
- Add the broccoli and cooked pasta. Cook until broccoli is tender, about 5 minutes.
- Add sausage; toss to combine.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:28.6, Inflammation Score:-8, Nutrition Score:31.027826288472%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 910.81kcal (45.54%), Fat: 44.67g (68.72%), Saturated Fat: 12.67g (79.19%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 73.64g (26.78%), Sugar: 8.53g (9.48%), Cholesterol: 110.43mg (36.81%), Sodium: 1026.64mg (44.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.12g (92.23%), Selenium: 69.61µg (99.45%), Vitamin C: 47.88mg (58.04%), Manganese: 1.07mg (53.4%), Vitamin K: 50.8µg (48.38%), Phosphorus: 476.34mg (47.63%), Vitamin B3: 9.05mg (45.27%), Vitamin B6: 0.81mg (40.39%), Zinc: 5.58mg (37.2%), Vitamin B1: 0.47mg (31.62%), Potassium: 962.38mg (27.5%), Vitamin B12: 1.55µg (25.79%), Magnesium: 97.87mg (24.47%), Copper: 0.47mg (23.55%), Vitamin A: 1101.73IU (22.03%), Fiber: 5.44g (21.78%), Iron: 3.91mg (21.74%), Vitamin B2: 0.32mg (18.99%), Folate: 69.15µg (17.29%), Vitamin E: 2.45mg (16.36%), Vitamin B5: 1.49mg (14.93%), Vitamin D: 1.52µg (10.11%), Calcium: 77.21mg (7.72%)