



One-Skillet Capellini Pomodoro with Sausage

READY IN



25 min.

SERVINGS



25

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 28 oz canned tomatoes diced undrained canned
- 6 oz capellini
- 0.5 cup philadelphia cream cheese spread ()
- 2 Tbsp basil fresh thinly sliced
- 3 cloves garlic minced
- 1 lb sausage italian crumbled
- 0.3 tsp penzey's southwest seasoning dried italian
- 1 Tbsp milk

0.3 cup parmesan cheese grated kraft

1 cup water

Equipment

frying pan

Directions

Cook and stir sausage in large skillet on medium heat 5 min. or until evenly browned, adding garlic for the last minute.

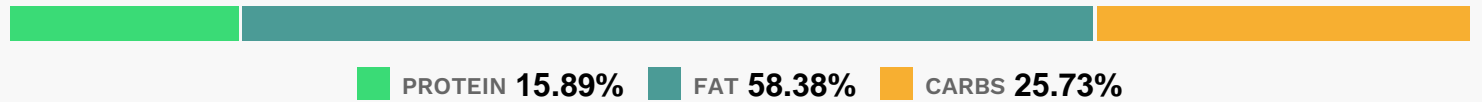
Add tomatoes, water and pepper; stir. Bring to boil.

Spoon sausage mixture to edge of skillet.

Add pasta to center of skillet; press with back of spoon to completely cover pasta with liquid. Cover; simmer on medium-low heat 6 min. or until pasta is tender, stirring after 3 min. to combine ingredients. Meanwhile, mix cream cheese spread, milk and seasoning until blended.

Add cream cheese mixture to pasta mixture in skillet along with the Parmesan and basil; cook and stir 2 to 3 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:3.7008695582981%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 110kcal (5.5%), Fat: 7.12g (10.95%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.5g (2.36%), Sugar: 1.1g (1.24%), Cholesterol: 17.55mg (5.85%), Sodium: 217.8mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Selenium: 9.25µg (13.21%), Vitamin B1: 0.13mg (8.33%), Manganese: 0.11mg (5.67%), Vitamin B6: 0.11mg (5.3%), Phosphorus: 52.49mg (5.25%), Vitamin B3: 0.94mg (4.7%), Vitamin C: 3.52mg (4.27%), Potassium: 126.93mg (3.63%), Iron: 0.65mg (3.59%), Zinc: 0.52mg (3.47%), Vitamin B2: 0.06mg (3.37%), Calcium: 31.77mg (3.18%), Copper: 0.06mg (3.07%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.18µg

(3.03%), Magnesium: 10.65mg (2.66%), Vitamin A: 116.94IU (2.34%), Fiber: 0.56g (2.25%), Vitamin B5: 0.17mg (1.68%), Vitamin E: 0.24mg (1.58%), Folate: 5.68µg (1.42%)