



Orecchiette with Sausage, Peppers, and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 ounces feta cheese crumbled
- 1 garlic clove minced
- 8 ounces turkey sausage italian
- 0.3 cup kalamata olives pitted sliced
- 1 teaspoon olive oil
- 8 ounces orecchiette uncooked
- 1 teaspoon oregano dried
- 3 cups bell pepper red cut in half crosswise ()

0.5 teaspoon salt divided

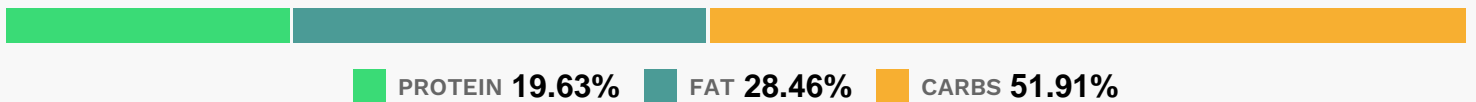
Equipment

- bowl
- frying pan
- colander

Directions

- Cook the orecchiette according to package directions, omitting salt and fat.
- Drain the pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add the bell pepper and 1/4 teaspoon salt; saut 2 minutes.
- Remove casings from the sausage.
- Add sausage, oregano, and garlic to pan; cook 4 minutes or until sausage is done, stirring to crumble sausage.
- Add pasta, reserved cooking liquid, 1/4 teaspoon salt, cheese, olives, and black pepper; cook for 2 minutes or until thoroughly heated, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:18.74, Inflammation Score:-10, Nutrition Score:26.890000231888%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 409.17kcal (20.46%), Fat: 13.04g (20.07%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 48.32g (17.57%), Sugar: 8.1g (9%), Cholesterol: 48.97mg (16.32%), Sodium: 1199.04mg (52.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Vitamin C: 160.52mg (194.57%), Vitamin A:

3712.68IU (74.25%), Selenium: 51.93µg (74.19%), Iron: 7.06mg (39.21%), Manganese: 0.74mg (37.13%), Vitamin B6: 0.73mg (36.47%), Phosphorus: 315.19mg (31.52%), Vitamin B2: 0.41mg (24.17%), Vitamin B3: 4.4mg (22.01%), Fiber: 5.21g (20.84%), Zinc: 2.93mg (19.51%), Folate: 74.43µg (18.61%), Vitamin E: 2.42mg (16.17%), Magnesium: 64.36mg (16.09%), Calcium: 150.93mg (15.09%), Potassium: 501.69mg (14.33%), Copper: 0.27mg (13.5%), Vitamin B5: 1.27mg (12.69%), Vitamin B1: 0.19mg (12.58%), Vitamin B12: 0.6µg (10.05%), Vitamin K: 9.96µg (9.49%)