



Pasta Primavera with Italian Turkey Sausage

READY IN



50 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chicken soup base
- ☐ 16 ounce farfalle pasta uncooked
- ☐ 20 leaves basil fresh
- ☐ 4 cloves garlic diced
- ☐ 1 bell pepper green chopped
- ☐ 1 pound turkey sausage italian hot cut into 1/2 inch slices
- ☐ 0.5 cup olive oil divided
- ☐ 0.5 onion diced
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 6 roma tomatoes chopped (plum)
- ☐ 2 small baby squash yellow chopped
- ☐ 2 small zucchini chopped

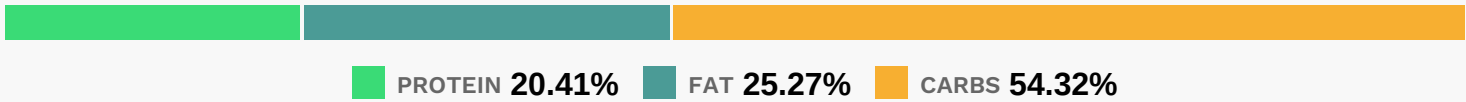
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place farfalle in pot and cook 8 to 10 minutes, until al dente; drain.
- ☐ Place sausage in a large skillet over medium heat and cook until evenly brown; set aside.
- ☐ Heat 1/4 cup oil in skillet. Stir in garlic and onion, and cook until tender.
- ☐ Mix in zucchini, squash, tomatoes, bell pepper and basil. Dissolve bouillon in the mixture. Season with red pepper. Stir in remaining oil. Continue cooking 10 minutes.
- ☐ Mix pasta, sausage and cheese into skillet. Continue cooking 5 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:18.13, Inflammation Score:-7, Nutrition Score:19.893912831726%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 378.16kcal (18.91%), Fat: 10.64g (16.37%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 47.51g (17.28%), Sugar: 6.71g (7.45%), Cholesterol: 35.55mg (11.85%), Sodium: 766.72mg (33.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Selenium: 51.14µg (73.06%), Vitamin C: 47.07mg (57.05%), Manganese: 0.79mg (39.44%), Iron: 6.72mg (37.32%), Phosphorus: 294.43mg (29.44%), Vitamin B6: 0.52mg (25.82%), Vitamin B3: 3.73mg (18.67%), Zinc: 2.6mg (17.34%), Magnesium: 65.67mg (16.42%), Potassium: 563.91mg (16.11%), Vitamin A: 799.37IU (15.99%), Fiber: 3.97g (15.87%), Copper: 0.31mg (15.52%), Vitamin B2: 0.24mg (14.36%), Vitamin K: 14.09µg (13.42%), Folate: 41.61µg (10.4%), Vitamin B1: 0.15mg (10.23%), Calcium: 102.23mg (10.22%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 0.92mg (6.15%), Vitamin B12: 0.33µg (5.49%)