



Pasta with Fresh Tomato Sauce and Sausage

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup asiago cheese shredded
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 8 ounce grape tomatoes halved lengthwise
- ☐ 8 ounces turkey sausage italian hot (2 sausages)
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion chopped
- ☐ 6 ounces penne pasta uncooked

☐ 0.3 teaspoon salt

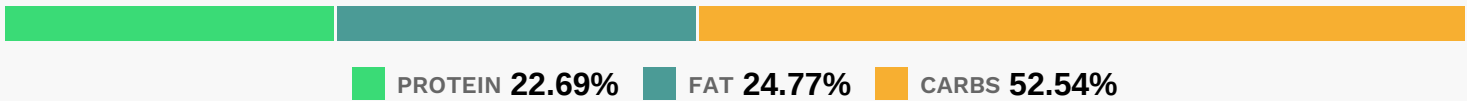
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain and keep warm.
- ☐ While pasta cooks, heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add sausage, and cook 7 to 8 minutes or until browned, stirring to crumble. Set sausage aside. Wipe pan with a paper towel.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add garlic and onion; saut 3 to 4 minutes or just until tender.
- ☐ Add tomatoes, salt, and pepper, and saut 5 to 6 minutes or until tender.
- ☐ Return sausage to pan, and cook 1 minute or until thoroughly heated.
- ☐ Place pasta and turkey mixture in a large bowl; toss well. Spoon into individual serving bowls; sprinkle evenly with basil and cheese.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:14.13, Inflammation Score:-7, Nutrition Score:15.564782555337%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 304.79kcal (15.24%), Fat: 8.38g (12.89%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 36.87g (13.41%), Sugar: 5.68g (6.31%), Cholesterol: 34.3mg (11.43%), Sodium: 778.48mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.54%), Selenium: 41.23µg (58.9%), Iron: 6.35mg (35.28%), Vitamin C: 27.78mg (33.67%), Manganese: 0.59mg (29.37%), Phosphorus: 253.55mg (25.36%), Vitamin B6: 0.38mg (19.09%), Vitamin B3: 3.22mg (16.09%), Zinc: 2.15mg (14.36%), Vitamin A: 683.26IU (13.67%), Magnesium: 50mg (12.5%), Fiber: 3.11g (12.42%), Copper: 0.24mg (12.2%), Potassium: 398.94mg (11.4%), Calcium: 112.86mg (11.29%), Vitamin K: 11.8µg (11.23%), Vitamin B2: 0.17mg (9.74%), Vitamin B1: 0.12mg (7.88%), Vitamin B5: 0.76mg (7.62%), Folate: 27.44µg (6.86%), Vitamin B12: 0.32µg (5.31%), Vitamin E: 0.53mg (3.54%)