



Pasta with Sausage and Bell Peppers

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce herb-seasoned chicken broth italian canned
- 16 ounce fusilli cooked
- 1.5 teaspoons basil dried
- 1 pound sausage italian
- 1 large onion chopped
- 4 ounces parmesan cheese shredded
- 1 bell pepper green red cut into strips

Equipment

frying pan

Directions

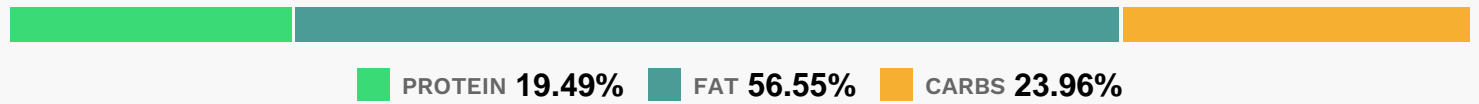
Remove and discard sausage casings.

Cook sausage and next 3 ingredients in a skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.

Drain well; return to skillet. Stir in broth; cook, stirring often, 5 minutes or until thoroughly heated.

Spoon the sausage mixture over the hot pasta; sprinkle with cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:8.65, Inflammation Score:-4, Nutrition Score:11.35347814534%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 355.32kcal (17.77%), Fat: 22.11g (34.02%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 19.42g (7.06%), Sugar: 1.81g (2.01%), Cholesterol: 53.76mg (17.92%), Sodium: 834.09mg (36.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Selenium: 32.52µg (46.46%), Vitamin B1: 0.37mg (24.46%), Phosphorus: 222.75mg (22.28%), Calcium: 194.06mg (19.41%), Vitamin C: 14.48mg (17.55%), Manganese: 0.3mg (15.13%), Vitamin B6: 0.27mg (13.46%), Zinc: 1.79mg (11.96%), Vitamin B3: 2.32mg (11.61%), Vitamin B12: 0.7µg (11.61%), Vitamin B2: 0.2mg (11.5%), Iron: 1.81mg (10.03%), Magnesium: 29.59mg (7.4%), Potassium: 249.02mg (7.11%), Copper: 0.14mg (6.77%), Fiber: 1.66g (6.65%), Vitamin B5: 0.46mg (4.61%), Vitamin K: 4.63µg (4.41%), Folate: 15.13µg (3.78%), Vitamin A: 168.54IU (3.37%), Vitamin E: 0.16mg (1.1%)