



Pasta with Sausage Meatballs, Peppers, and Onions

READY IN



50 min.

SERVINGS



6

CALORIES



755 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more to taste
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley fresh minced
- ☐ 6 garlic cloves divided minced
- ☐ 1 pound sausage sweet italian hot or a combination of and
- ☐ 5 tablespoons olive oil divided
- ☐ 1 onion sliced
- ☐ 0.3 cup parmesan cheese freshly grated plus more for serving

- ☐ 1 pound soup noodles dry such as cavatappi
- ☐ 0.3 cup pesto prepared to taste
- ☐ 6 servings salt to taste
- ☐ 2 bell peppers red yellow seeded sliced or 1 and 1

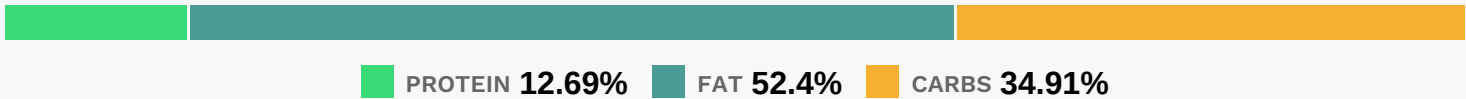
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Combine 3 garlic cloves and next 4 ingredients in a bowl. Form into 1 1/2-inch meatballs.
- ☐ Heat 3 tablespoons oil in a 12-inch skillet or large saucepan over medium-high heat.
- ☐ Add meatballs, and cook 7 minutes or until browned on all sides.
- ☐ Transfer to a plate with a slotted spoon.
- ☐ Pour off fat from pan, and add remaining 2 tablespoons oil.
- ☐ Add onion, bell peppers, and remaining garlic; season with salt and pepper, and cook, stirring occasionally, 5 minutes or until vegetables are tender. Stir in wine, and cook 1 minute. Return meatballs to pan; cover and simmer 10 minutes.
- ☐ Cook dry pasta according to package directions; drain, reserving 1/2 cup cooking liquid. Return pasta to pot, and add pesto, meatballs, and vegetables; toss to combine.
- ☐ Add a little reserved pasta water, if desired.
- ☐ Serve with additional Parmesan.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:24.09, Inflammation Score:-9, Nutrition Score:24.688260726955%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 755.48kcal (37.77%), Fat: 42.93g (66.04%), Saturated Fat: 11.9g (74.4%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 60.42g (21.97%), Sugar: 5.15g (5.72%), Cholesterol: 62.18mg (20.73%), Sodium: 957.89mg (41.65%), Alcohol: 2.06g (100%), Alcohol %: 0.99% (100%), Protein: 23.39g (46.79%), Selenium: 68.57µg (97.96%), Vitamin C: 57.24mg (69.38%), Manganese: 0.9mg (44.83%), Vitamin K: 42.25µg (40.24%), Vitamin B1: 0.54mg (35.82%), Vitamin A: 1725.34IU (34.51%), Phosphorus: 301.76mg (30.18%), Vitamin B6: 0.52mg (26.21%), Vitamin B3: 4.22mg (21.12%), Zinc: 2.81mg (18.74%), Vitamin E: 2.43mg (16.22%), Fiber: 3.93g (15.74%), Magnesium: 62.6mg (15.65%), Copper: 0.31mg (15.43%), Potassium: 516.55mg (14.76%), Iron: 2.49mg (13.81%), Vitamin B2: 0.23mg (13.75%), Vitamin B12: 0.74µg (12.4%), Folate: 44.98µg (11.24%), Calcium: 106.09mg (10.61%), Vitamin B5: 0.91mg (9.09%)