



## Pasta with Sausage, Tomatoes and Roasted Peppers

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



804 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.8 pound sausage sweet italian hot
- ☐ 2 garlic cloves minced
- ☐ 1 cup roasted bell peppers red chopped
- ☐ 1 tablespoon capers
- ☐ 0.5 cup olives black pitted halved
- ☐ 3 large tomatoes fresh seeded chopped

- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pound pasta

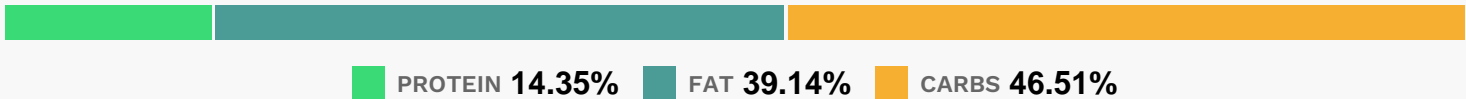
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

## Directions

- ☐ Heat a large pot of salted water (1 Tbsp salt per 2 quarts of water) to a boil.
- ☐ Brown the sausage, add garlic, roasted red peppers, capers and olives: While the water is heating, prepare the sausage and peppers.
- ☐ Heat the olive oil in a large sauté pan on medium heat.
- ☐ Add the sausage, breaking it up into bits with your fingers as you add it to the pan or with a wooden spoon once it's in the pan.
- ☐ When the sausage starts to brown, add the garlic and cook for another minute.
- ☐ Mix in the roasted red peppers, capers and olives. If the pasta water isn't boiling yet, remove the sauté pan from the heat.
- ☐ Cook the pasta: Once the pasta water is boiling, add the pasta to the pot.
- ☐ Add chopped tomatoes and basil to sausage mixture: When the pasta is almost done, increase the heat to high on the sauté pan and when the sausage mixture starts to sizzle, add the chopped tomatoes and basil. Toss to combine and lower the heat to medium-low.
- ☐ Combine pasta and sausage mixture:
- ☐ Drain the pasta and put it in a large bowl.
- ☐ Add the sausage mix to the bowl and toss to combine.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:35.74, Inflammation Score:-9, Nutrition Score:26.935652359672%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 804.29kcal (40.21%), Fat: 34.85g (53.62%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 93.18g (31.06%), Net Carbohydrates: 86.82g (31.57%), Sugar: 6.74g (7.49%), Cholesterol: 64.64mg (21.55%), Sodium: 1433.5mg (62.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Selenium: 93.26µg (133.23%), Manganese: 1.34mg (67.23%), Vitamin C: 37.5mg (45.46%), Vitamin B1: 0.65mg (43.45%), Phosphorus: 378.86mg (37.89%), Vitamin B6: 0.61mg (30.71%), Vitamin A: 1467.38IU (29.35%), Vitamin B3: 5.77mg (28.86%), Copper: 0.56mg (27.99%), Fiber: 6.36g (25.45%), Potassium: 861.02mg (24.6%), Magnesium: 94.72mg (23.68%), Zinc: 3.46mg (23.06%), Vitamin K: 19.98µg (19.03%), Iron: 3.34mg (18.53%), Vitamin B2: 0.25mg (14.95%), Folate: 55.32µg (13.83%), Vitamin E: 2.04mg (13.6%), Vitamin B12: 0.77µg (12.9%), Vitamin B5: 1.07mg (10.74%), Calcium: 82.1mg (8.21%)