



Penne con Salsicce

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon basil dried
- 2 garlic cloves thinly sliced
- 8 ounces turkey sausage italian hot
- 0.3 cup less-sodium beef broth dry red fat-free
- 1 teaspoon olive oil
- 0.5 cup onion vertically sliced ()

- 0.5 teaspoon oregano dried
- 4 ounces part-skim mozzarella cheese shredded finely
- 8 ounces penne pasta) (tube-shaped uncooked
- 0.3 teaspoon salt
- 2 tablespoons tomato paste italian with herbs

Equipment

- frying pan
- baking pan
- broiler

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, remove casings from sausage.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 2 minutes or until tender.
- Add sausage; cook 7 minutes or until browned, stirring to crumble. Stir in tomatoes and next 7 ingredients. Cover, reduce heat to medium-low, and simmer 10 minutes, stirring occasionally.
- Preheat broiler.
- Drain pasta, and return to pan.
- Add sauce, and toss gently to coat. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle with cheese. Broil 2 minutes or until cheese melts.
- Serve immediately.
- Salsicce (sahl-SE-chay) is traditionally pork sausage, but we've substituted turkey Italian sausage in this recipe.

Nutrition Facts

 **PROTEIN 23.37%**  **FAT 24.43%**  **CARBS 52.2%**

Properties

Glycemic Index:35.33, Glycemic Load:13.18, Inflammation Score:-6, Nutrition Score:14.764782506487%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 285.43kcal (14.27%), Fat: 7.81g (12.02%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 34.22g (12.44%), Sugar: 6.17g (6.86%), Cholesterol: 32.13mg (10.71%), Sodium: 679.52mg (29.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Selenium: 35.67µg (50.96%), Iron: 5.29mg (29.38%), Manganese: 0.57mg (28.43%), Phosphorus: 258.49mg (25.85%), Vitamin C: 19.77mg (23.97%), Calcium: 197.85mg (19.78%), Vitamin B6: 0.35mg (17.63%), Copper: 0.3mg (14.9%), Vitamin B3: 2.97mg (14.86%), Zinc: 2.11mg (14.04%), Fiber: 3.34g (13.36%), Magnesium: 51.09mg (12.77%), Potassium: 439.21mg (12.55%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.13mg (8.43%), Vitamin A: 387.38IU (7.75%), Vitamin E: 1.15mg (7.7%), Vitamin K: 7.61µg (7.25%), Vitamin B5: 0.7mg (7.01%), Folate: 24.45µg (6.11%), Vitamin B12: 0.32µg (5.29%)