



Penne with Italian Sausage and Peppers

READY IN



40 min.

SERVINGS



6

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz penne pasta (tube-shaped uncooked)
- 1 teaspoon basil dried
- 1.5 lb ground sausage italian hot
- 1 bell pepper red cut into 1/2-inch pieces
- 1 bell pepper green cut into 1/2-inch pieces
- 1 onion cut into 1/2-inch pieces
- 1.5 cups plum tomatoes diced italian
- 15 oz tomato sauce italian-style canned
- 0.3 cup asiago cheese fresh shredded

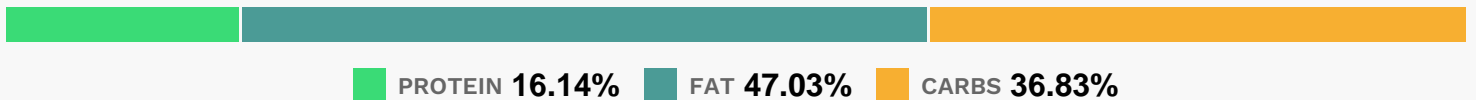
Equipment

- frying pan
- sauce pan

Directions

- Cook penne in large saucepan to desired doneness as directed on package.
- Drain; return to saucepan.
- Add basil; toss to coat. Cover to keep warm.
- Meanwhile, heat large nonstick skillet over medium heat until hot.
- Add sausage links, bell peppers and onion; cook 6 to 8 minutes or until sausage links are browned, stirring occasionally.
- Add tomatoes and tomato sauce; mix well. Reduce heat to medium-low; cover and cook 13 to 15 minutes or until sausage links are thoroughly cooked and sauce is of desired consistency, stirring occasionally.
- Serve sauce over penne.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:25.44, Inflammation Score:-9, Nutrition Score:27.866956778842%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 733.66kcal (36.68%), Fat: 38.19g (58.76%), Saturated Fat: 13.75g (85.96%), Carbohydrates: 67.29g (22.43%), Net Carbohydrates: 61.97g (22.54%), Sugar: 8.22g (9.13%), Cholesterol: 89.02mg (29.67%), Sodium: 1241.37mg (53.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.97%), Selenium: 77.38µg (110.54%), Vitamin C: 58.02mg (70.33%), Vitamin B1: 0.78mg (52.22%), Manganese: 0.99mg (49.48%), Phosphorus: 381.05mg (38.11%), Vitamin B6: 0.69mg (34.72%), Vitamin B3: 6.35mg (31.77%), Vitamin A: 1528.09IU (30.56%), Potassium: 917.7mg (26.22%), Zinc: 3.59mg (23.9%), Copper: 0.45mg (22.7%), Fiber: 5.32g (21.28%), Magnesium: 82.3mg (20.57%), Vitamin B2: 0.34mg (19.79%), Iron: 3.54mg (19.64%), Vitamin B12: 1.08µg (18.03%), Folate: 53.33µg (13.33%), Vitamin B5: 1.3mg (13.01%), Vitamin E: 1.84mg (12.27%), Vitamin K: 12.17µg (11.59%), Calcium: 112.78mg (11.28%)