



Penne with Italian Turkey Sausage and Vegetables

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 4 cups penne pasta hot tube-shaped cooked uncooked ()
- ☐ 1 garlic clove minced
- ☐ 0.5 pound turkey sausage italian hot
- ☐ 1 cup mushrooms quartered
- ☐ 1 small bell pepper red seeded cut into 1/2-inch strips
- ☐ 0.5 cup onion red chopped

- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 small bell pepper yellow seeded cut into 1/2-inch strips
- ☐ 1 small zucchini halved lengthwise sliced

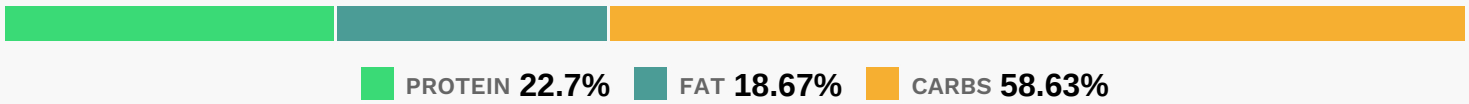
Equipment

- ☐ frying pan

Directions

- ☐ Remove casings from sausage. Cook sausage in a large nonstick skillet coated with cooking spray over medium-high heat until browned, stirring to crumble.
- ☐ Add onion and garlic; saut 2 minutes.
- ☐ Add mushrooms, bell peppers, and zucchini; saut 5 minutes or until vegetables are tender and sausage is done. Stir in tomatoes; cover and cook over medium-low heat 10 minutes.
- ☐ Remove from heat; stir in sour cream.
- ☐ Add pasta and black pepper; stir well. Cook over medium-low heat 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:15.08, Inflammation Score:-8, Nutrition Score:22.907825959765%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 296.94kcal (14.85%), Fat: 6.34g (9.75%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 39.31g (14.3%), Sugar: 9.71g (10.79%), Cholesterol: 31.34mg (10.45%), Sodium: 688.56mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin C: 91.82mg (111.29%), Selenium: 38.98µg (55.69%), Iron: 8.33mg (46.27%), Manganese: 0.66mg (32.97%), Vitamin B6: 0.61mg (30.32%),

Vitamin B3: 5.06mg (25.32%), Phosphorus: 248.98mg (24.9%), Copper: 0.46mg (23.24%), Fiber: 5.47g (21.88%), Potassium: 734.19mg (20.98%), Vitamin A: 1015.64IU (20.31%), Vitamin B2: 0.34mg (20.06%), Magnesium: 65.78mg (16.44%), Zinc: 2.33mg (15.54%), Vitamin B5: 1.37mg (13.73%), Folate: 53.75µg (13.44%), Vitamin B1: 0.2mg (13.25%), Vitamin E: 1.67mg (11.14%), Calcium: 86.05mg (8.6%), Vitamin K: 7.92µg (7.54%), Vitamin B12: 0.3µg (4.94%)