



Pizza Pasta by Johnsonville®

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup pasilla peppers green chopped
- 0.3 cup olives ripe sliced
- 0.5 cup parmesan cheese shredded
- 15 ounce pizza sauce canned
- 19.8 ounce mild sausage links italian johnsonville®
- 1.5 cups mozzarella cheese shredded
- 8 ounces spiral pasta uncooked

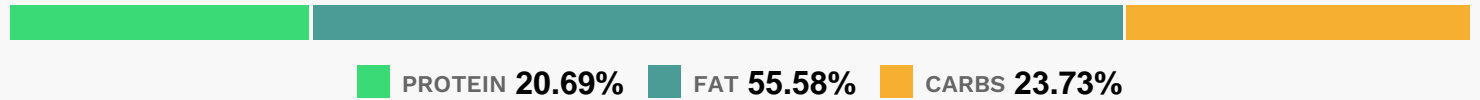
Equipment

- frying pan
- oven
- baking pan

Directions

- Remove sausage from casing and brown and crumble in a skillet until cooked through.
- Drain and reserve.
- Prepare pasta according to package directions; drain.
- Combine pasta, sausage, pizza sauce and Parmesan cheese.
- Place in greased 12-inch x 8-inch baking dish. Top with green peppers and ripe olives; sprinkle with mozzarella cheese.
- Bake at 400 degrees F for 20-25 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:12.82, Inflammation Score:-6, Nutrition Score:17.693043646605%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 567.55kcal (28.38%), Fat: 34.84g (53.6%), Saturated Fat: 13.52g (84.47%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 30.87g (11.23%), Sugar: 4.12g (4.57%), Cholesterol: 95.01mg (31.67%), Sodium: 1329.07mg (57.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.37%), Selenium: 31µg (44.29%), Phosphorus: 375.45mg (37.55%), Vitamin B3: 5.84mg (29.2%), Calcium: 270.08mg (27.01%), Vitamin B12: 1.53µg (25.53%), Zinc: 3.77mg (25.16%), Manganese: 0.45mg (22.36%), Vitamin B6: 0.45mg (22.35%), Vitamin B1: 0.33mg (21.69%), Vitamin B2: 0.29mg (17.19%), Potassium: 572.13mg (16.35%), Vitamin C: 12.27mg (14.87%), Vitamin A: 684IU (13.68%), Iron: 2.46mg (13.64%), Magnesium: 54.45mg (13.61%), Copper: 0.27mg (13.52%), Vitamin B5: 1.1mg (10.95%), Fiber: 2.6g (10.4%), Vitamin E: 1.56mg (10.37%), Vitamin D: 1.37µg (9.12%), Folate: 17.66µg (4.41%), Vitamin K: 3.87µg (3.69%)