



## Quick & Cheesy Sausage Rotini

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



705 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 14.5 oz canned tomatoes diced undrained canned
- 1 lb mild sausage links to package directions and coin italian cut into 1/2-inch-thick slices
- 1 onion chopped
- 3 cups rotini pasta uncooked
- 0.8 cup mozzarella cheese shredded divided kraft

## Equipment

- bowl

frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook sausage in large nonstick skillet on medium-high heat 10 min. or until done, stirring occasionally; drain. Return sausage to skillet.
- Add tomatoes, onions and dressing; stir. Cook 5 min. or until onions are heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sausage mixture and 1/2 cup cheese; mix lightly.
- Sprinkle with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:14.41, Inflammation Score:-5, Nutrition Score:20.291739207247%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 704.86kcal (35.24%), Fat: 46.47g (71.49%), Saturated Fat: 16.19g (101.17%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 39.52g (14.37%), Sugar: 5.52g (6.13%), Cholesterol: 102.77mg (34.26%), Sodium: 1244.12mg (54.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.57%), Selenium: 60.37µg (86.25%), Vitamin B1: 0.75mg (49.99%), Phosphorus: 347.92mg (34.79%), Manganese: 0.6mg (29.97%), Vitamin B6: 0.56mg (27.95%), Vitamin B3: 5.24mg (26.18%), Vitamin B12: 1.51µg (25.18%), Zinc: 3.47mg (23.12%), Vitamin B2: 0.34mg (20.05%), Potassium: 636.56mg (18.19%), Calcium: 175.57mg (17.56%), Iron: 3.07mg (17.06%), Vitamin C: 13.86mg (16.8%), Copper: 0.3mg (15.24%), Magnesium: 57.98mg (14.5%), Fiber: 2.94g (11.74%), Vitamin B5: 0.96mg (9.57%), Folate: 32.09µg (8.02%), Vitamin E: 0.79mg (5.29%), Vitamin A: 262.75IU (5.25%), Vitamin K: 3.62µg (3.45%)