



Rigatoni With Sausage and Bell Peppers

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup chicken broth
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 bell pepper green cut into strips
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 bell pepper red cut into strips

- ☐ 0.5 medium size onion red chopped
- ☐ 16 ounce rigatoni pasta
- ☐ 1 pound mild sausage italian

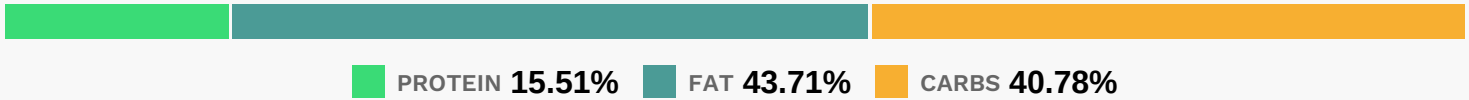
Equipment

- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions; drain and set aside.
- ☐ Cook sausage in a Dutch oven over medium-high heat, stirring until sausage crumbles and is no longer pink; drain.
- ☐ Saut onion and bell peppers in hot oil in Dutch oven over medium-high heat 6 minutes.
- ☐ Add garlic, and saut 2 minutes. Stir in sausage, cooked pasta, chicken broth, crushed red pepper, and black pepper. Reduce heat to low, and cook, stirring occasionally, 5 minutes or until thoroughly heated.
- ☐ Transfer to a serving dish, and top evenly with basil and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:17.49, Inflammation Score:-5, Nutrition Score:13.7899999914234%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 442.93kcal (22.15%), Fat: 21.27g (32.72%), Saturated Fat: 7.32g (45.74%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 42.37g (15.41%), Sugar: 2.4g (2.67%), Cholesterol: 45.51mg (15.17%), Sodium: 524.45mg (22.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.97%), Selenium: 50.82µg (72.6%), Manganese: 0.62mg (30.83%), Vitamin B1: 0.39mg (26.05%), Phosphorus: 217.22mg (21.72%), Vitamin C: 17.51mg (21.23%), Vitamin B6: 0.31mg (15.6%), Vitamin B3: 2.98mg (14.92%), Zinc: 1.97mg (13.12%), Copper: 0.23mg (11.39%), Magnesium: 42.7mg (10.68%), Vitamin B2: 0.16mg (9.45%), Vitamin B12: 0.56µg (9.27%), Potassium: 321.44mg (9.18%), Fiber: 2.28g (9.12%), Iron: 1.58mg (8.76%), Vitamin A: 343.73IU (6.87%), Calcium: 65.73mg (6.57%), Vitamin B5: 0.6mg (5.96%), Folate: 20.99µg (5.25%), Vitamin K: 5.4µg (5.14%), Vitamin E: 0.5mg (3.36%)