



Rustic Sausage Pasta

READY IN



55 min.

SERVINGS



6

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bulk sausage italian
- ☐ 14.4 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 1 cup mushrooms sliced
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 cup parmesan cheese grated

- ☐ 1 bell peppers red chopped
- ☐ 12 ounce rotini pasta
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup tomato sauce
- ☐ 1 small baby squash yellow chopped
- ☐ 1 small zucchini chopped

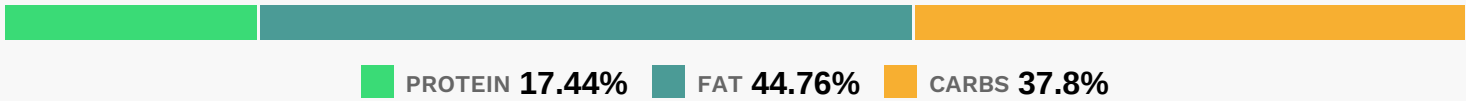
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook until al dente, 8 to 10 minutes; drain.
- ☐ Brown the sausage, stirring to crumble, in a skillet over medium heat.
- ☐ Remove sausage using a slotted spoon, leaving drippings in the pan. Cook and stir the onion and garlic in the sausage drippings until the onions are softened. Return the sausage to the pan. Stir in the red bell pepper, zucchini, yellow squash, and mushrooms. Season with salt and pepper. Cook another 5 minutes.
- ☐ Add the tomatoes, tomato sauce, thyme, basil, and oregano; cook until heated through, about 5 minutes.
- ☐ Combine the drained pasta with the sausage mixture in a large bowl. Top with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:20.15, Inflammation Score:-8, Nutrition Score:25.833912953087%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 595.42kcal (29.77%), Fat: 29.76g (45.78%), Saturated Fat: 11.36g (70.99%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 51.54g (18.74%), Sugar: 8.56g (9.51%), Cholesterol: 71.96mg (23.99%), Sodium: 1329.12mg (57.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.08g (52.17%), Selenium: 62.86µg (89.8%), Vitamin C: 44.41mg (53.84%), Manganese: 0.89mg (44.44%), Vitamin B1: 0.6mg (39.7%), Phosphorus: 392.07mg (39.21%), Vitamin B6: 0.64mg (32.01%), Vitamin B3: 5.65mg (28.27%), Potassium: 888.15mg (25.38%), Copper: 0.49mg (24.33%), Vitamin B2: 0.41mg (24.32%), Vitamin A: 1170.54IU (23.41%), Zinc: 3.44mg (22.94%), Calcium: 217.33mg (21.73%), Fiber: 4.99g (19.98%), Magnesium: 78.94mg (19.73%), Iron: 3.45mg (19.17%), Vitamin B12: 0.92µg (15.32%), Vitamin B5: 1.39mg (13.94%), Folate: 54.73µg (13.68%), Vitamin E: 1.97mg (13.16%), Vitamin K: 9.51µg (9.05%)