



WHATSheATE



Sausage and Peppers

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups penne pasta hot tube-shaped cooked uncooked ()
- ☐ 6 garlic cloves thinly sliced
- ☐ 2 cups bell pepper green ()
- ☐ 24 ounce turkey sausage italian
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 26 ounce pasta sauce fat-free (such as Healthy Choice)
- ☐ 1 cup bell pepper red ()
- ☐ 1 cup bell pepper yellow ()

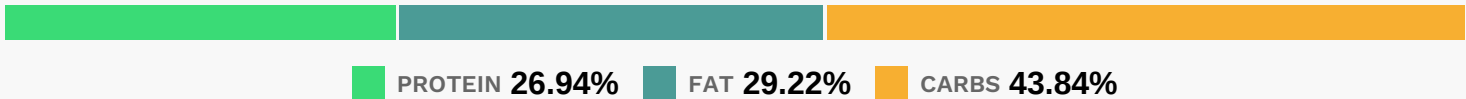
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add sausage to pan; cook 8 minutes or until lightly browned, turning occasionally.
- ☐ Remove from pan; cool slightly.
- ☐ Cut sausage into 1/2-inch-thick slices.
- ☐ Wipe pan with paper towels; recoat with cooking spray.
- ☐ Place pan over medium-high heat.
- ☐ Add peppers; saut 6 minutes.
- ☐ Add sausage; saut 2 minutes.
- ☐ Add garlic; saut 2 minutes.
- ☐ Add sauce; bring to a simmer. Reduce heat; cook 5 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Add mozzarella, stirring until melted.
- ☐ Place 1 cup pasta in each of 6 shallow bowls; spoon about 1 cup sausage mixture over each serving.
- ☐ Sprinkle each serving with 1 teaspoon Parmesan.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:14.84, Inflammation Score:-9, Nutrition Score:28.430000231966%

Flavonoids

Luteolin: 2.74mg, Luteolin: 2.74mg, Luteolin: 2.74mg, Luteolin: 2.74mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 401.05kcal (20.05%), Fat: 13.24g (20.37%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 38.66g (14.06%), Sugar: 10.86g (12.07%), Cholesterol: 67.28mg (22.43%), Sodium: 1724.17mg (74.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.94%), Vitamin C: 161.3mg (195.51%), Iron: 13.63mg (75.72%), Selenium: 50.61µg (72.3%), Vitamin B6: 0.86mg (43.23%), Phosphorus: 374.51mg (37.45%), Vitamin A: 1764.93IU (35.3%), Manganese: 0.65mg (32.44%), Vitamin B3: 6.46mg (32.31%), Zinc: 3.63mg (24.2%), Fiber: 6.05g (24.18%), Potassium: 839.12mg (23.97%), Vitamin B2: 0.37mg (21.87%), Copper: 0.43mg (21.38%), Magnesium: 76.66mg (19.17%), Vitamin E: 2.42mg (16.1%), Vitamin B5: 1.58mg (15.81%), Calcium: 155.46mg (15.55%), Folate: 49.98µg (12.5%), Vitamin B1: 0.18mg (12.27%), Vitamin B12: 0.59µg (9.75%), Vitamin K: 8.56µg (8.15%)