



Sausage and Roasted Pepper Pasta

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds bell peppers
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces turkey sausage italian hot
- ☐ 1 ounce parmagiano-reggiano cheese fresh grated
- ☐ 8 ounces penne pasta uncooked
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until thoroughly blackened.
- ☐ Place bell peppers in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel; discard skins. Chop and set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl, reserving 1 cup cooking liquid; keep warm.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan, and cook 8 minutes or until browned, stirring to crumble.
- ☐ Add bell peppers to pan. Move sausage mixture to outside edges of pan, leaving an open space in center.
- ☐ Add tomato paste to open space in pan; cook 1 minute, stirring constantly. Stir tomato paste into sausage mixture. Stir in pasta and reserved cooking liquid; cook 3 minutes or until thoroughly heated. Stir in black pepper and salt.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:19.77, Inflammation Score:-10, Nutrition Score:31.289130635236%

Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 423.61kcal (21.18%), Fat: 10.68g (16.43%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 51.86g (18.86%), Sugar: 12.41g (13.79%), Cholesterol: 49.9mg (16.63%), Sodium: 1048.89mg (45.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin C: 245.33mg (297.37%), Vitamin A: 5626.25IU (112.52%), Selenium: 56.91µg (81.3%), Iron: 9.94mg (55.24%), Vitamin B6: 0.92mg (46.18%), Manganese: 0.81mg (40.41%), Phosphorus: 364.75mg (36.48%), Vitamin B3: 6.02mg (30.11%), Fiber: 6.51g (26.05%), Folate: 96.73µg (24.18%), Zinc: 3.28mg (21.89%), Vitamin B2: 0.36mg (21.28%), Potassium: 742.21mg (21.21%), Vitamin E: 3.11mg (20.74%), Magnesium: 78.42mg (19.6%), Copper: 0.32mg (16.02%), Vitamin B5: 1.51mg (15.07%), Vitamin B1: 0.21mg (14.06%), Calcium: 129.07mg (12.91%), Vitamin K: 9.63µg (9.17%), Vitamin B12: 0.45µg (7.51%)