



Sausage and Tomato Rigatoni

READY IN



35 min.

SERVINGS



35

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup parsley fresh chopped
- 1 lb sausage italian cut into chunks
- 0.3 cup parmesan cheese grated kraft
- 1 onion red sliced
- 4 cups rigatoni uncooked
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 0.3 cup tomato paste

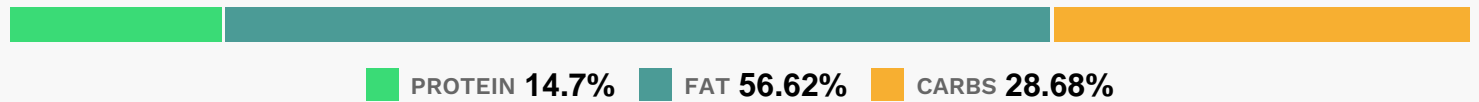
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package.
- Meanwhile, cook sausage in large nonstick skillet on medium heat until evenly browned, stirring occasionally.
- Drain; return to skillet. Stir in onions and tomato paste; cover. Cook 15 min. or until onions are tender and sausage is done, stirring occasionally. Stir in dressing.
- Drain pasta; place in large bowl.
- Add sausage mixture; mix lightly. Top with parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:2.7265217545564%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 84.25kcal (4.21%), Fat: 5.27g (8.11%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.65g (2.05%), Sugar: 0.59g (0.66%), Cholesterol: 10.47mg (3.49%), Sodium: 122.82mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 7.94µg (11.35%), Vitamin K: 9.04µg (8.61%), Vitamin B1: 0.08mg (5.53%), Manganese: 0.08mg (4.07%), Phosphorus: 38.6mg (3.86%), Vitamin B3: 0.61mg (3.03%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.38mg (2.54%), Potassium: 75.48mg (2.16%), Vitamin B12: 0.13µg (2.13%), Copper: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.91%), Iron: 0.33mg (1.86%), Vitamin C: 1.47mg (1.78%), Magnesium: 7.01mg (1.75%), Fiber: 0.36g (1.45%), Vitamin A: 70.88IU (1.42%), Calcium: 12.07mg (1.21%), Vitamin E: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.06%)