



## Sausage & Peppers with Rotini Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 0.8 lb sausage italian
- 1 onion red sliced
- 3 cups rotini pasta uncooked
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil kraft
- 1 bell pepper red yellow cut into strips

### Equipment

- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, crumble sausage into large skillet sprayed with cooking spray.
- Add onions; cook on medium heat 8 min., stirring frequently. Stir in peppers; cook 4 to 6 min. or until sausage is evenly browned, stirring frequently.
- Add dressing; mix well. Simmer on medium-low heat 8 to 10 min. or until peppers are crisp-tender.
- Drain pasta, reserving 1/2 cup cooking water.
- Add pasta and reserved water to sausage mixture. Stir in 1/2 cup cheese; sprinkle with remaining cheese.

## Nutrition Facts

**PROTEIN 14.79%** **FAT 62.37%** **CARBS 22.84%**

## Properties

Glycemic Index:4.3, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:2.3843478482703%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 91.89kcal (4.59%), Fat: 6.39g (9.83%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.48g (0.54%), Cholesterol: 9.36mg (3.12%), Sodium: 90.69mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Selenium: 6.63µg (9.47%), Vitamin C: 5.58mg (6.76%), Vitamin B1: 0.07mg (4.91%), Manganese: 0.07mg (3.54%), Phosphorus: 29.54mg (2.95%), Vitamin B6: 0.06mg (2.92%), Vitamin B3: 0.51mg (2.57%), Vitamin A: 124.27IU (2.49%), Vitamin E: 0.33mg (2.19%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.1µg (1.72%), Vitamin B2: 0.03mg (1.59%), Potassium: 55.81mg (1.59%), Copper: 0.03mg (1.43%), Magnesium: 5.61mg (1.4%), Iron: 0.25mg (1.37%), Fiber: 0.34g (1.35%), Vitamin K: 1.3µg (1.24%), Calcium: 11.91mg (1.19%), Folate: 4.51µg (1.13%), Vitamin B5: 0.1mg (1.01%)