



Sausage Supper

READY IN



45 min.

SERVINGS



6

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce farfalle pasta cooked
- ☐ 8 ounce cream cheese soft
- ☐ 0.3 cup tomatoes dried cut into thin strips
- ☐ 2 garlic cloves minced
- ☐ 1 large bell pepper green chopped
- ☐ 19 ounce sausage italian
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 14 ounce spaghetti sauce
- ☐ 1 large onion sweet chopped

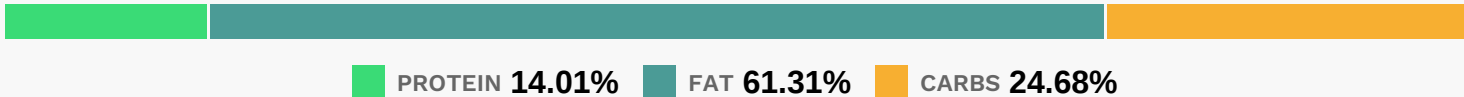
Equipment

☐ frying pan

Directions

- ☐ Remove casings from sausage, and discard. Brown sausage, bell pepper, onion, and garlic in a large skillet over medium-high heat, stirring until sausage crumbles and is no longer pink and vegetables are tender.
- ☐ Drain.
- ☐ Stir in spaghetti sauce, next 3 ingredients, and, if desired, vinegar. Cook, stirring often, until cream cheese melts and mixture is thoroughly heated.
- ☐ Serve over hot pasta.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:13.3, Inflammation Score:-8, Nutrition Score:20.424347670182%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 616.44kcal (30.82%), Fat: 42.29g (65.06%), Saturated Fat: 17.96g (112.25%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 34.11g (12.4%), Sugar: 9.39g (10.43%), Cholesterol: 106.41mg (35.47%), Sodium: 1099.71mg (47.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.48%), Selenium: 46.57µg (66.53%), Vitamin B1: 0.62mg (41.01%), Vitamin C: 33.17mg (40.21%), Manganese: 0.58mg (29.02%), Vitamin B6: 0.56mg (27.99%), Phosphorus: 268.83mg (26.88%), Vitamin B3: 4.57mg (22.84%), Potassium: 789.85mg (22.57%), Iron: 3.62mg (20.11%), Vitamin B2: 0.34mg (20.09%), Vitamin A: 947.24IU (18.94%), Copper: 0.35mg (17.58%), Zinc: 2.56mg (17.03%), Fiber: 4.18g (16.73%), Vitamin B12: 0.9µg (15%), Magnesium: 58.14mg (14.54%), Vitamin B5: 1.15mg (11.51%), Folate: 41.98µg (10.49%), Vitamin K: 10.97µg (10.44%), Vitamin E: 1.56mg (10.39%), Calcium: 98.64mg (9.86%)