



Sausage, Tomato, White Bean and Corkscrew Pasta Toss

READY IN



25 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 26 canned tomatoes diced canned
- 15 ounce .5 can cannellini beans unsalted rinsed drained canned
- 0.5 teaspoon chili flakes
- 6 ounces sausage italian low-fat thinly sliced
- 1 tablespoon olive oil
- 2 teaspoons oregano dried fresh
- 0.3 cup parmesan cheese freshly grated
- 2 tablespoons parsley chopped

0.5 pound fusilli pasta whole-wheat cooked

Equipment

bowl

frying pan

Directions

Heat oil in a saut pan over medium-high heat.

Add sausage and cook until browned, 5-6 minutes.

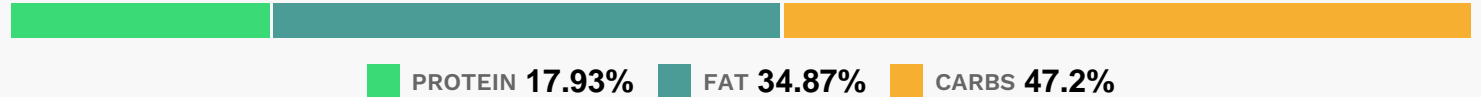
Add tomatoes with juices, beans, oregano, chili flakes, salt, and pepper and bring to a low boil.

Reduce heat and cook until liquid reduces slightly, 3-4 minutes.

Stir in pasta and heat through, 2-3 minutes.

Divide among 4 bowls and garnish each bowl with 1 tablespoon Parmesan and 1/2 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:5.65, Inflammation Score:-8, Nutrition Score:16.29260861161%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 526.78kcal (26.34%), Fat: 20.13g (30.97%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 50.38g (18.32%), Sugar: 2.38g (2.64%), Cholesterol: 37.76mg (12.59%), Sodium: 439.66mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.58%), Fiber: 10.91g (43.63%), Vitamin K: 44.92µg (42.78%), Manganese: 0.65mg (32.34%), Iron: 4.35mg (24.16%), Vitamin B1: 0.35mg (23.62%), Selenium: 14.57µg (20.82%), Phosphorus: 202.22mg (20.22%), Folate: 79.2µg (19.8%), Potassium: 649.37mg (18.55%), Magnesium: 67.73mg (16.93%), Calcium: 162.31mg (16.23%), Copper: 0.31mg (15.34%), Zinc: 2.3mg

(15.33%), Vitamin B6: 0.24mg (11.98%), Vitamin E: 1.75mg (11.67%), Vitamin B2: 0.15mg (8.55%), Vitamin B3: 1.69mg (8.44%), Vitamin B12: 0.47µg (7.86%), Vitamin A: 327.65IU (6.55%), Vitamin C: 4.13mg (5.01%), Vitamin B5: 0.47mg (4.71%)