



Sauteed Pasta Toss

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons cooking oil
- ☐ 8 ounces fusilli dried
- ☐ 2 medium tomatoes green cut into wedges
- ☐ 1.5 ounces bread italian
- ☐ 8 ounces mild sausage links to package directions and coin sweet italian hot johnsonville®
- ☐ 1 medium onion red coarsely chopped
- ☐ 24 ounce tomato and basil pasta sauce classico®
- ☐ 1 medium bell pepper sweet green red yellow cut into bite-size pieces

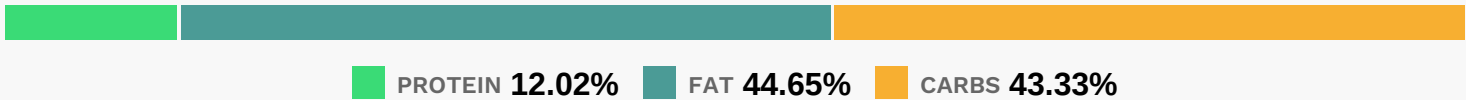
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Meanwhile, in a large skillet heat the oil over medium-high heat.
- ☐ Add bread pieces. Cook and stir for 2 to 3 minutes or until bread is toasted.
- ☐ Remove from skillet; set aside.
- ☐ Remove casings, if present, from Johnsonville® Italian Sweet or Hot Sausage Links. In the same skillet cook and stir the sausage or ground beef, tomatoes, onion, and pepper over medium heat 6 to 8 minutes or until vegetables are tender and sausage is browned.
- ☐ Drain off fat. Stir in Classico® Tomato and Basil pasta sauce. Cook and stir until heated through.
- ☐ Serve Classico® Tomato and Basil pasta sauce over hot cooked pasta; sprinkle with toasted bread pieces.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:17.69, Inflammation Score:-9, Nutrition Score:22.52608659993%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 683.38kcal (34.17%), Fat: 33.67g (51.8%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 73.53g (24.51%), Net Carbohydrates: 64.49g (23.45%), Sugar: 20.67g (22.97%), Cholesterol: 43.09mg (14.36%), Sodium: 1106.57mg (48.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.79%), Vitamin C: 80.32mg (97.35%), Selenium: 50.37µg (71.95%), Fiber: 9.04g (36.17%), Manganese: 0.68mg (34.23%), Potassium: 1065.95mg (30.46%),

Vitamin B1: 0.45mg (29.72%), Vitamin A: 1475.46IU (29.51%), Phosphorus: 223.94mg (22.39%), Vitamin B3: 3.89mg (19.45%), Vitamin B6: 0.38mg (19.17%), Iron: 3.12mg (17.36%), Copper: 0.31mg (15.36%), Zinc: 1.98mg (13.17%), Magnesium: 52.27mg (13.07%), Vitamin K: 11.37µg (10.83%), Vitamin B2: 0.18mg (10.49%), Vitamin E: 1.53mg (10.18%), Folate: 39.93µg (9.98%), Calcium: 94.14mg (9.41%), Vitamin B5: 0.92mg (9.25%), Vitamin B12: 0.52µg (8.6%)