



Sicilian Sausage & Peppers

READY IN



15 min.

SERVINGS



15

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 0.5 lb fettuccine barilla uncooked
- 1 bell pepper green cut into thin strips
- 1 tsp oil
- 2 Tbsp parmesan cheese grated kraft
- 6.5 oz oscar mayer natural uncured turkey sausage ()
- 0.3 cup water

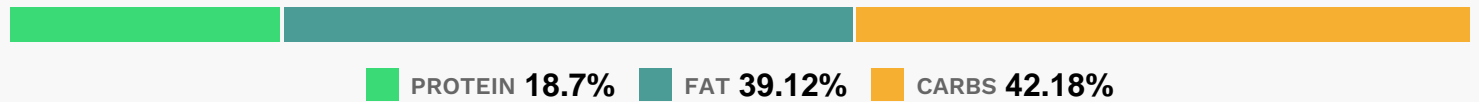
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add sausage and peppers; cook and stir 5 min. or until sausage is lightly browned and peppers are crisp-tender. Stir in Alfredo sauce and water; cook 3 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sausage mixture and cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:3.6934782655343%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 113.91kcal (5.7%), Fat: 4.88g (7.5%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.2g (4.07%), Sugar: 0.74g (0.82%), Cholesterol: 33.34mg (11.11%), Sodium: 199.25mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Selenium: 12.15µg (17.35%), Vitamin C: 6.66mg (8.07%), Manganese: 0.14mg (7.1%), Phosphorus: 64mg (6.4%), Vitamin B6: 0.1mg (5.2%), Zinc: 0.71mg (4.71%), Vitamin B3: 0.92mg (4.61%), Vitamin B12: 0.21µg (3.54%), Copper: 0.06mg (3.08%), Magnesium: 12.17mg (3.04%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.27mg (2.73%), Vitamin B1: 0.04mg (2.66%), Iron: 0.46mg (2.56%), Fiber: 0.63g (2.54%), Potassium: 84.19mg (2.41%), Folate: 5.83µg (1.46%), Calcium: 14.43mg (1.44%), Vitamin A: 53.71IU (1.07%), Vitamin E: 0.16mg (1.05%)