



Sicilian Sausage & Peppers Rigatoni

READY IN



55 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large pasilla peppers green cut into strips
- 1 cup italian* low-moisture mozzarella-parmesan cheese blend shredded kraft
- 24 oz classico marinara with plum tomatoes & olive oil pasta sauce
- 3 cups rigatoni pasta uncooked
- 1 lb turkey sausage links italian cut into 1/2-inch-thick slices

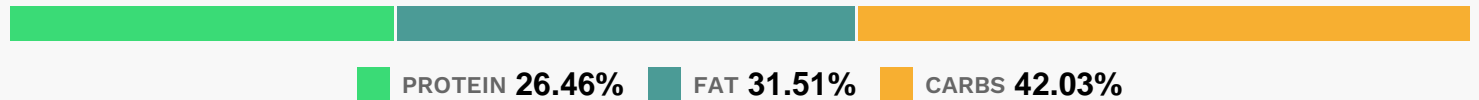
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Place sausage and peppers in 13x9-inch baking dish sprayed with cooking spray.
- Bake 15 to 20 min. or until sausage is done. Meanwhile, cook pasta as directed on package, omitting salt.
- Drain pasta.
- Add to baking dish along with the pasta sauce; stir.
- Bake 15 to 20 min. or until heated through. Top with cheese; bake 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:10.33, Inflammation Score:-8, Nutrition Score:22.277391350788%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 318.21kcal (15.91%), Fat: 11.23g (17.28%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.77g (10.83%), Sugar: 7.86g (8.73%), Cholesterol: 52.31mg (17.44%), Sodium: 842.31mg (36.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin C: 82.47mg (99.96%), Selenium: 40.77µg (58.24%), Iron: 8.18mg (45.43%), Phosphorus: 335.09mg (33.51%), Vitamin B6: 0.56mg (28.04%), Vitamin A: 1369.68IU (27.39%), Manganese: 0.52mg (26.15%), Vitamin B3: 4.24mg (21.22%), Zinc: 2.98mg (19.86%), Potassium: 602.1mg (17.2%), Calcium: 169.5mg (16.95%), Fiber: 3.93g (15.72%), Vitamin B2: 0.25mg (14.91%), Magnesium: 57.83mg (14.46%), Copper: 0.28mg (14.01%), Vitamin K: 13.28µg (12.65%), Vitamin B12: 0.64µg (10.6%), Vitamin B1: 0.16mg (10.54%), Folate: 38.82µg (9.71%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 0.94mg (6.29%)