



Skillet Sausage And Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.3 cup chicken broth dry white
- ☐ 2 tablespoons chili powder
- ☐ 16 ounces penne pasta cooked
- ☐ 1 teaspoon basil dried
- ☐ 4 garlic cloves minced
- ☐ 0.5 medium size bell pepper green chopped
- ☐ 1 pound sausage meat

- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olives ripe sliced
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup romano cheese grated
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar

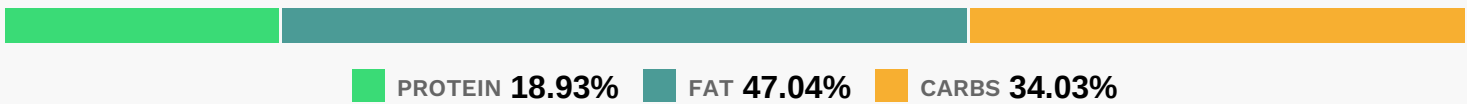
Equipment

- ☐ frying pan

Directions

- ☐ Brown sausage in a large skillet, stirring until it crumbles; drain sausage, reserving 1 tablespoon drippings in skillet.
- ☐ Saute onion, bell pepper, and garlic in reserved drippings until tender; add wine and next 6 ingredients. Boil, stirring constantly, 1 minute. Stir in sausage, tomato, and tomato sauce, and return to a boil. Reduce heat, and simmer, stirring occasionally, 10 minutes.
- ☐ Serve over pasta; sprinkle with olives and cheese.

Nutrition Facts



Properties

Glycemic Index:64.27, Glycemic Load:15.08, Inflammation Score:-8, Nutrition Score:20.131739243217%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 466.99kcal (23.35%), Fat: 24.28g (37.36%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.01g (12.37%), Sugar: 9.08g (10.09%), Cholesterol: 63.1mg (21.03%), Sodium: 1453.14mg (63.18%), Alcohol: 1.37g (100%), Alcohol %: 0.48% (100%), Protein: 21.99g (43.98%), Selenium: 23.06µg (32.95%), Manganese: 0.65mg (32.69%), Vitamin B3: 6.12mg (30.59%), Vitamin B6: 0.6mg (30.06%), Vitamin C: 23.6mg (28.6%), Vitamin A: 1408.96IU (28.18%), Phosphorus: 281.66mg (28.17%), Iron: 4.42mg (24.54%), Potassium: 793.1mg (22.66%), Vitamin E: 3.34mg (22.3%), Fiber: 5.51g (22.03%), Vitamin B1: 0.33mg (21.78%), Copper: 0.41mg (20.28%), Zinc: 2.84mg (18.9%), Magnesium: 65.85mg (16.46%), Calcium: 161.24mg (16.12%), Vitamin B2: 0.27mg (16.03%), Vitamin K: 13.14µg (12.52%), Vitamin B12: 0.74µg (12.27%), Vitamin B5: 1.16mg (11.58%), Folate: 29.96µg (7.49%), Vitamin D: 1.02µg (6.83%)