



Slow-Cooker Italian Sausages and Peppers with Rotini

READY IN



375 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19.5 oz turkey sausage italian cut into 1-inch pieces
- 1 cup onion sweet finely chopped
- 2 teaspoons garlic clove finely chopped
- 2 medium bell pepper yellow cut into 1/2-inch pieces
- 2 medium bell pepper red cut into 1/2-inch pieces
- 26 oz pasta sauce
- 12 oz rotini pasta uncooked
- 6 tablespoons parmesan shredded

1 serving frangelico

Equipment

bowl

slow cooker

Directions

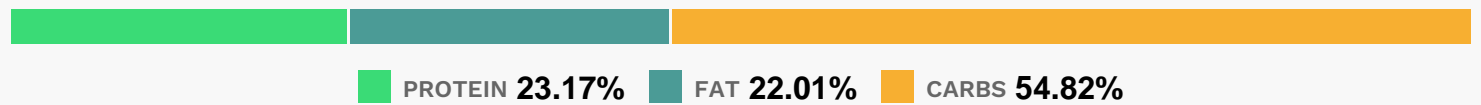
Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl. In cooker liner, mix all ingredients except pasta and cheese.

Cover; cook on Low heat setting 6 to 8 hours.

Cook and drain pasta as directed on package.

Serve sausage mixture over pasta; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:19.76, Inflammation Score:-9, Nutrition Score:28.723043397069%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 436.06kcal (21.8%), Fat: 10.81g (16.63%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 54.61g (19.86%), Sugar: 11.89g (13.21%), Cholesterol: 52.23mg (17.41%), Sodium: 1525.51mg (66.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.18%), Vitamin C: 161.76mg (196.08%), Selenium: 58.58µg (83.69%), Iron: 11.24mg (62.45%), Manganese: 0.84mg (42.05%), Vitamin A: 2025.31IU (40.51%), Vitamin B6: 0.79mg (39.28%), Phosphorus: 374.05mg (37.4%), Vitamin B3: 6.36mg (31.82%), Potassium: 880.94mg (25.17%), Copper: 0.48mg (23.81%), Fiber: 5.94g (23.75%), Zinc: 3.38mg (22.55%), Magnesium: 85.88mg (21.47%), Vitamin B2: 0.34mg (20%), Vitamin E: 2.48mg (16.5%), Vitamin B5: 1.61mg (16.05%), Folate: 63.71µg (15.93%),

Vitamin B1: 0.19mg (12.89%), Calcium: 121.94mg (12.19%), Vitamin B12: 0.46µg (7.6%), Vitamin K: 5.62µg (5.35%)