



## Speedy Sausage Meatball Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb sausage italian
- 2 Tbsp parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 0.3 cup tuscan house dressing italian kraft
- 0.5 lb pasta like spaghetti uncooked
- 1 bell pepper red yellow coarsely chopped

### Equipment

- frying pan

## Directions

- Roll sausage into 16 (1-1/2-inch) balls; cook in large nonstick skillet on medium-high heat 5 to 8 min. or until evenly browned, stirring occasionally.
- Add dressing and peppers; cook 3 min. or until peppers are crisp-tender, stirring occasionally. Stir in pasta sauce; cover. Simmer on medium-low heat 15 min. or until meatballs are done (160F), stirring occasionally.
- Meanwhile, cook spaghetti as directed on package, omitting salt.
- Drain spaghetti; place on platter. Top with meatballs and sauce; sprinkle with cheese.

## Nutrition Facts

**PROTEIN 15.27%** **FAT 53.47%** **CARBS 31.26%**

## Properties

Glycemic Index:4.9, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:3.3978261070569%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 91.42kcal (4.57%), Fat: 5.42g (8.34%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.56g (2.38%), Sugar: 1.16g (1.29%), Cholesterol: 11.78mg (3.93%), Sodium: 213.84mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Selenium: 8.79µg (12.55%), Vitamin C: 6.53mg (7.92%), Vitamin B1: 0.1mg (6.62%), Manganese: 0.1mg (5.05%), Phosphorus: 43.61mg (4.36%), Vitamin B6: 0.09mg (4.26%), Vitamin B3: 0.82mg (4.12%), Vitamin A: 198.51IU (3.97%), Potassium: 114.25mg (3.26%), Zinc: 0.44mg (2.93%), Copper: 0.05mg (2.7%), Vitamin B2: 0.05mg (2.65%), Iron: 0.46mg (2.54%), Vitamin B12: 0.14µg (2.37%), Vitamin E: 0.35mg (2.34%), Magnesium: 9.26mg (2.32%), Fiber: 0.57g (2.28%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.76µg (1.68%), Folate: 5.89µg (1.47%), Calcium: 10.07mg (1.01%)