



## Spicy Jalapeno Whole Wheat Pasta Toss

READY IN



30 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound asparagus fresh cut into thirds, blanched
- 0.5 teaspoon pepper black
- 2 cups cherry tomatoes
- 12 ounce al fresco® spicy jalapeno chicken sausage
- 1 cup chickpeas drained and rinsed
- 4 cups shells whole wheat cooked
- 2 ounces basil leaves fresh thinly sliced
- 4 ounces mozzarella cheese fresh
- 1 teaspoon roasted garlic puree

- 2 tablespoons olive oil extra-virgin divided
- 1 medium onion thinly sliced
- 0.1 teaspoon salt

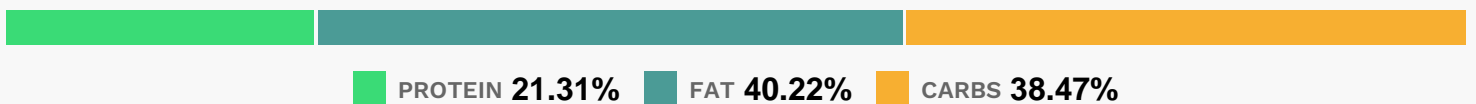
## Equipment

- frying pan

## Directions

- Cut the sausage into 1/4 thick slices.
- Place a large skillet over medium high heat, coat with 1 tablespoon olive oil, and cook and stir the onion for 1 minute, until just golden.
- Add the roasted garlic puree, stir together.
- Add the spicy jalapeno slices, brown on both sides, about 2 minutes.
- Add the asparagus, tomatoes and chick peas, toss with the sausage mix, and season with the salt, pepper and fresh basil. Reduce heat to medium, and simmer for 2 minutes with the reserved pasta liquid.
- Toss in the cooked pasta and heat through, for 2 more minutes.
- To serve, top with the mozzarella balls, and lightly drizzle with the remaining olive oil.

## Nutrition Facts



## Properties

Glycemic Index:50.29, Glycemic Load:13.32, Inflammation Score:-8, Nutrition Score:20.856087145598%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

## Nutrients (% of daily need)

Calories: 390.81kcal (19.54%), Fat: 18.25g (28.07%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 31.63g (11.5%), Sugar: 5.64g (6.27%), Cholesterol: 54.96mg (18.32%), Sodium: 759.04mg (33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Manganese: 1.76mg (87.8%), Vitamin K: 61.63µg (58.7%), Selenium: 27.99µg (39.98%), Fiber: 7.63g (30.54%), Vitamin A: 1366.33IU (27.33%), Phosphorus: 235.16mg (23.52%), Folate: 88.73µg (22.18%), Vitamin C: 17.8mg (21.58%), Iron: 3.81mg (21.16%), Copper: 0.4mg (19.95%), Calcium: 159.03mg (15.9%), Magnesium: 60.95mg (15.24%), Vitamin B1: 0.22mg (14.38%), Zinc: 2.06mg (13.74%), Vitamin E: 1.85mg (12.33%), Vitamin B6: 0.23mg (11.52%), Vitamin B2: 0.19mg (10.99%), Potassium: 375.59mg (10.73%), Vitamin B3: 1.52mg (7.61%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.68mg (6.83%)