



Spicy Sausage and Penne

READY IN



35 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups skim milk fat-free
- 2 tablespoons flour all-purpose
- 1 cup savory vegetable mixed frozen
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground mustard
- 0.3 cup part-skim mozzarella cheese shredded
- 1 cup penne pasta uncooked
- 0.3 teaspoon pepper red crushed
- 0.5 pound turkey sausage smoked cut into 1/4-inch slices

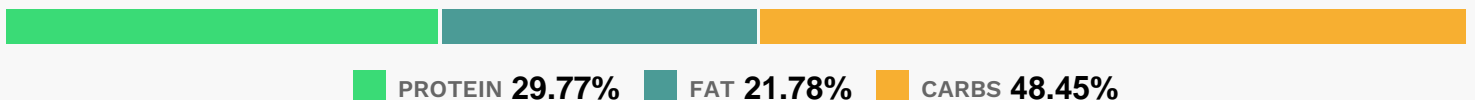
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Cook pasta in a large saucepan according to package directions, adding the vegetables during the last 6 minutes of cooking.
- Meanwhile, in a large nonstick skillet coated with cooking spray, brown sausage; remove from skillet and keep warm.
- In a small bowl, combine the flour, garlic powder, mustard and pepper flakes; gradually whisk in milk until smooth.
- Add milk mixture to the skillet, stirring to loosen browned bits from pan. Bring to a boil; cook and stir for 1–2 minutes or until thickened.
- Drain pasta and vegetables; stir into the pan.
- Add cheese and reserved sausage; cook and stir until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:50.06, Glycemic Load:13.7, Inflammation Score:-9, Nutrition Score:15.57478247259%

Nutrients (% of daily need)

Calories: 286.34kcal (14.32%), Fat: 6.89g (10.6%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 31.59g (11.49%), Sugar: 4.76g (5.28%), Cholesterol: 50.79mg (16.93%), Sodium: 450.72mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.39%), Vitamin A: 2591.2IU (51.82%), Selenium: 22.43µg (32.05%), Phosphorus: 311.73mg (31.17%), Vitamin B12: 1.26µg (20.96%), Manganese: 0.42mg (20.83%), Calcium: 203.56mg (20.36%), Vitamin B3: 4mg (20%), Zinc: 2.98mg (19.89%), Vitamin B2: 0.34mg (19.83%), Vitamin B6: 0.39mg (19.34%), Vitamin B1: 0.2mg (13.37%), Potassium: 453.04mg (12.94%), Magnesium: 49.55mg (12.39%), Fiber: 2.9g (11.59%), Vitamin B5: 1.07mg (10.74%), Iron: 1.7mg (9.44%), Copper: 0.18mg (9.23%), Folate: 30.65µg (7.66%),

Vitamin C: 6.05mg (7.33%), Vitamin D: 0.87µg (5.8%), Vitamin E: 0.18mg (1.17%)