



Spicy Sausage Penne Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb mushrooms fresh sliced
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 13.3 oz blend penne pasta whole wheat
- 1 lb turkey sausage links italian sliced
- 24 oz classico tomato and basil pasta sauce

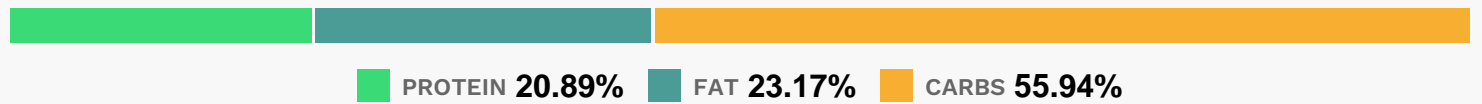
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook mushrooms in large skillet sprayed with cooking spray on medium heat 3 to 5 min. or until tender, stirring frequently.
- Drain mushrooms; discard liquid. Return mushrooms to skillet.
- Add sausage and onions; cook 6 to 8 min. or until sausage is done, stirring occasionally. Stir in sauce; cook 5 min. or until heated through, stirring occasionally.
- Drain pasta; place on serving platter. Top with sauce; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:3.37, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:4.183478280578%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 93.95kcal (4.7%), Fat: 2.4g (3.69%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 11.64g (4.23%), Sugar: 2.7g (3%), Cholesterol: 8.98mg (2.99%), Sodium: 246.25mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Selenium: 12.37µg (17.68%), Iron: 1.79mg (9.96%), Vitamin C: 6.02mg (7.29%), Manganese: 0.13mg (6.62%), Phosphorus: 65.86mg (6.59%), Fiber: 1.38g (5.51%), Vitamin B3: 1.04mg (5.22%), Potassium: 159.77mg (4.56%), Vitamin B6: 0.09mg (4.35%), Vitamin B2: 0.07mg (4.03%), Zinc: 0.59mg (3.93%), Copper: 0.08mg (3.92%), Vitamin A: 167.51IU (3.35%), Vitamin B5: 0.29mg (2.94%), Magnesium: 11.72mg (2.93%), Calcium: 23.65mg (2.36%), Vitamin B1: 0.03mg (1.97%), Vitamin B12: 0.08µg (1.38%), Folate: 5.26µg (1.31%)