



Tomato & Spinach Pasta with Sausage

READY IN



20 min.

SERVINGS



20

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 14 oz canned tomatoes diced italian-style undrained canned
- 0.5 lb sausage italian
- 2 Tbsp parmesan cheese grated kraft
- 2 cups rotini pasta uncooked
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft

Equipment

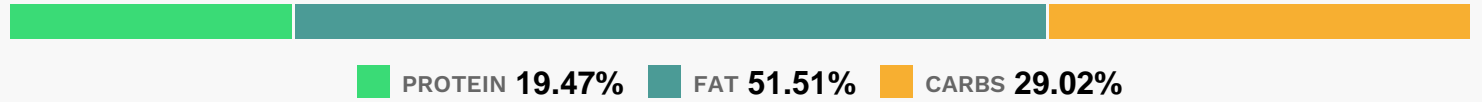
- frying pan

sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, cook sausage in deep large skillet on medium-high heat 10 to 12 min. or until done, stirring occasionally.
- Drain; return sausage to skillet.
- Add spinach and tomatoes; cook 2 min. or until spinach is wilted, stirring occasionally.
- Drain pasta; return to pan.
- Add sausage mixture and cheeses; mix lightly.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:6.5395651245895%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 88.71kcal (4.44%), Fat: 5.12g (7.88%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.13g (1.25%), Cholesterol: 13.48mg (4.49%), Sodium: 160.03mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin K: 42.27µg (40.26%), Vitamin A: 882.35IU (17.65%), Selenium: 7.94µg (11.34%), Manganese: 0.18mg (8.82%), Vitamin B1: 0.09mg (6.21%), Phosphorus: 60.95mg (6.1%), Vitamin C: 4.44mg (5.38%), Folate: 21.49µg (5.37%), Calcium: 51.17mg (5.12%), Vitamin B6: 0.09mg (4.57%), Potassium: 152.85mg (4.37%), Magnesium: 16.75mg (4.19%), Iron: 0.73mg (4.04%), Vitamin B12: 0.24µg (3.96%), Vitamin B2: 0.07mg (3.92%), Vitamin B3: 0.78mg (3.9%), Zinc: 0.57mg (3.81%), Copper: 0.07mg (3.73%), Fiber: 0.76g (3.02%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.15mg (1.54%)