



## Turkey Spaghetti With Sausage and Peppers

READY IN



40 min.

SERVINGS



4

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 28 oz canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 2 to 3 garlic cloves minced
- ☐ 1 medium size bell pepper green cut into strips
- ☐ 1 lb turkey sausage italian
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium onion cut into eighths
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 1 medium size bell pepper red yellow cut into strips

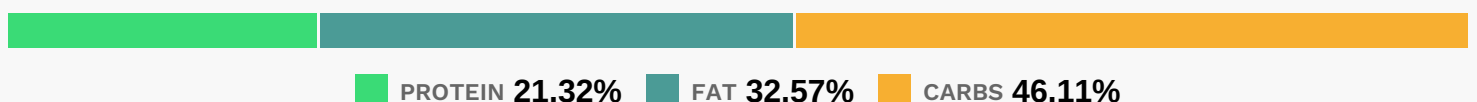
## Equipment

- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

## Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, remove and discard casings from sausage; cook sausage in 1 Tbsp. hot oil in a large Dutch oven over medium-high heat 8 to 10 minutes or until meat is no longer pink, breaking sausage into pieces while cooking.
- ☐ Remove sausage and drippings from Dutch oven, and drain well on paper towels. Discard any drippings in Dutch oven.
- ☐ Saut onion and next 3 ingredients in remaining 1 Tbsp. hot oil in Dutch oven over medium-high heat 5 to 6 minutes or until vegetables are crisp-tender. Stir in tomatoes, salt, and pepper; cook 4 minutes or until thoroughly heated. Stir in sausage, pasta, and cheese.
- ☐ Transfer mixture to serving platter, and serve immediately.
- ☐ To freeze: Prepare recipe as directed. Cool 30 minutes.
- ☐ Place pasta mixture in a 13- x 9-inch baking dish. Cover tightly with plastic wrap and aluminum foil. Freeze up to 2 months. Thaw in refrigerator 24 hours. Preheat oven to 35
- ☐ Remove and discard plastic wrap and aluminum foil. Cover with aluminum foil, and bake at 350 for 40 to 45 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:21.89, Inflammation Score:-9, Nutrition Score:34.827826122875%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

## Nutrients (% of daily need)

Calories: 595.06kcal (29.75%), Fat: 21.99g (33.83%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 70.03g (23.34%), Net Carbohydrates: 62.12g (22.59%), Sugar: 15.78g (17.53%), Cholesterol: 70.98mg (23.66%), Sodium: 1684.79mg (73.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Vitamin C: 133.74mg (162.11%), Selenium: 67.02µg (95.74%), Iron: 14.63mg (81.3%), Manganese: 1.12mg (55.83%), Vitamin B6: 0.99mg (49.45%), Phosphorus: 483.26mg (48.33%), Vitamin B3: 8.02mg (40.09%), Copper: 0.73mg (36.32%), Potassium: 1117.34mg (31.92%), Fiber: 7.91g (31.64%), Zinc: 4.45mg (29.65%), Magnesium: 112.35mg (28.09%), Vitamin E: 3.73mg (24.89%), Vitamin B2: 0.4mg (23.62%), Calcium: 229.69mg (22.97%), Vitamin B1: 0.32mg (21.65%), Vitamin B5: 1.86mg (18.64%), Vitamin A: 869.02IU (17.38%), Vitamin K: 17.54µg (16.71%), Folate: 61.83µg (15.46%), Vitamin B12: 0.66µg (10.94%)