



Zesty Penne, Sausage and Peppers

READY IN



30 min.

SERVINGS



30

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 1 tsp fennel seed
- 0.8 lb sausage italian
- 0.3 cup parmesan cheese shredded kraft
- 24 oz classico family favorites pasta sauce traditional
- 3 cups penne pasta uncooked
- 1 dash pepper red crushed
- 1 bell pepper green red cut into thin strips

Equipment

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, crumble sausage into large skillet; cook and stir on medium heat 8 min. or until done.

Drain.

Add peppers; cook and stir 5 min. or until crisp-tender. Stir in next 3 ingredients; cook 5 min. or until heated through.

Add cream cheese; cook 2 min. or until melted, stirring frequently.

Drain pasta.

Add to sausage mixture; mix lightly. Top with Parmesan.

Nutrition Facts



PROTEIN 15.09% **FAT 45.99%** **CARBS 38.92%**

Properties

Glycemic Index:5.97, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:3.7121739192339%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 103.95kcal (5.2%), Fat: 5.32g (8.19%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.34g (3.4%), Sugar: 1.35g (1.5%), Cholesterol: 13mg (4.33%), Sodium: 216.52mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Selenium: 10.57µg (15.1%), Manganese: 0.14mg (7.19%), Vitamin C: 5.02mg (6.08%), Vitamin B1: 0.08mg (5.58%), Phosphorus: 54.44mg (5.44%), Vitamin B6: 0.08mg (4.22%), Vitamin B3: 0.81mg (4.07%), Potassium: 135.03mg (3.86%), Copper: 0.07mg (3.6%), Vitamin A: 171.23IU (3.42%), Fiber: 0.8g (3.18%), Vitamin B2: 0.05mg (3.14%), Magnesium: 12.32mg (3.08%), Zinc: 0.46mg (3.07%), Iron: 0.54mg (2.97%), Vitamin E: 0.39mg (2.6%), Calcium: 22.32mg (2.23%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.12µg (2.03%), Folate: 5.77µg (1.44%)