

Italian Sausage and Peppers with Rotini

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 6

1 package (19.5 ounce) turkey
Italian sausage links
1 cup sweet onion, finely chopped
4 cloves garlic, finely chopped
2 medium yellow bell peppers, cut into
1/2-inch pieces
2 medium red bell peppers, cut into
1/2-inch pieces
1 jar (26 ounce) tomato pasta sauce
4 1/2 cups (12 ounces) uncooked
rotini pasta
6 tablespoons Parmesan cheese,
shredded

Preparation Time: 15 minutes

Spray a three- to four-quart slow cooker with cooking spray.

In the slow cooker, mix all of the ingredients except the pasta and cheese.

Cover and cook on LOW heat setting for six to eight hours.

Cook and drain the pasta as directed on the package. Serve the sausage mixture over the pasta. Sprinkle each serving with one tablespoon of the cheese.

Start to Finish Time: 6 hours 15 minutes

Per Serving (excluding unknown items): 57 Calories; 2g Fat (25.1% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Italian, Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	57
% Calories from Fat:	25.1%
% Calories from Carbohydrates:	53.6%
% Calories from Protein:	21.3%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	25mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	96mg
Potassium (mg):	209mg
Calcium (mg):	86mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	150mg
Vitamin A (i.u.):	2390IU
Vitamin A (r.e.):	246RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	57	Calories from Fat: 14
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	5%
Cholesterol	4mg	1%
Sodium	96mg	4%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	3g	

Vitamin A	48%
Vitamin C	251%
Calcium	9%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.