

# Italian Sausage and Broccoli Alfredo Pasta

Yield: 7 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/alfredo-italian-sausage-pasta-recipe>

## Ingredients:

- 12 ounces uncooked penne or pasta of your choice
- 3 cups broccoli florets
- 1 pound Italian sausage quality, casings removed
- 1 pound plum tomatoes chopped
- 1 Prego Homestyle Alfredo Sauce 14.5 oz jar
- 2 teaspoons ground oregano or Italian seasoning
- chopped fresh parsley for garnish, optional
- Parmesan cheese to sprinkle on top, optional

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 12 grams
8. Sodium: 1420 milligrams
9. Sugar: 5 grams

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