

# Sausage, Pasta and Italian Cream with Roasted Peppers

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-cream-recipe>

## Ingredients:

- 6 sweet Italian sausage links
- 1/2 box pasta ziti, or penne
- 2 cups pasta water reserved
- 1 1/2 cups half and half
- 2 cups tomatoes with juice whole
- 1 cup shredded mozzarella cheese
- 1/3 cup ricotta cheese
- 3 large garlic cloves minced
- 3 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 roasted red bell pepper large, medium dice
- 1 teaspoon parsley flakes dried
- 1/4 teaspoon dried basil
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon paprika
- salt
- black pepper

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 60 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 12 grams

8. Sodium: 570 milligrams

9. Sugar: 5 grams

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