

Spicy Italian Sausage Penne Pasta

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 5 Italian sausage links casings removed
- 450 grams penne pasta cooked, drained and cooled
- 28 ounces canned diced tomatoes
- 5 ounces tomato paste
- 2 tablespoons olive oil
- 1/2 cup white onion finely chopped
- 1/2 cup red bell pepper finely chopped
- 1/2 cup green bell pepper finely chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon red chili flakes dried, or to taste
- 1/2 cup Parmesan cheese grated, plus more for garnish, optional
- 1/4 cup fresh parsley, chopped optional

Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 111 grams
3. Cholesterol: 115 milligrams
4. Fat: 56 grams
5. Fiber: 10 grams
6. Protein: 45 grams
7. SaturatedFat: 19 grams
8. Sodium: 1790 milligrams
9. Sugar: 10 grams

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