Pork (Italian Sausage)

Pasta

Dinner D4-5

Low SF

Penne with Sausage & Eggplant Bolognese

2/3 cup Signature SELECT Fudge Low Fat Frozen Yogurt

Notes:

Frozen yogurt contains 11g Added Sugar

Servings	*Prep*	*Cook*	*Total*
4	15 min	20 min	35 min

Nutritional Information

1/2/2026

	Pasta	*Ice Cream*	*Total*
Calories	541	*120*	*661*
Total Fat (g)	28	*1*	*29*
Saturated Fat (g)	**8**	***0***	***8***
Cholesterol (mg)	**86**	***0***	***86***
Sodium (mg)	**600**	***85***	***685***
Carbs (g)	**50**	***25***	***75***
Fiber	7	*0*	*7*
Sugar	12	*17*	*29*
Protein (g)	24	*5*	*29*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
2	2	3		1		1

MM ***5 Carb Count*** ***7 HH Score***

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