



Bow-Tie Pasta with Sausage

READY IN



34 min.

SERVINGS



6

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 14.5 oz chicken broth canned
- ☐ 12 oz farfalle pasta (bow-tie)
- ☐ 6 ounces feta cheese crumbled
- ☐ 4 basil leaves fresh thinly sliced
- ☐ 4 garlic cloves minced
- ☐ 0.8 pound sausage italian
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon salt

☐ 9 oz pkt spinach fresh

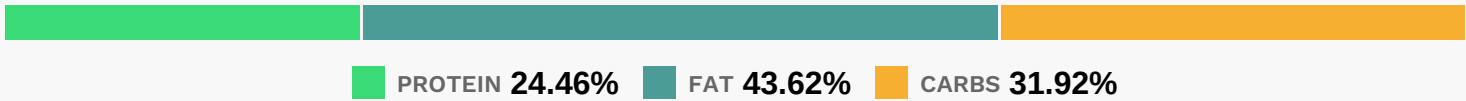
Equipment

☐ dutch oven

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, cook sausage in a Dutch oven over medium heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink.
- ☐ Add onion, and saut 5 minutes.
- ☐ Add garlic, and saut 1 minute. Stir in vinegar, and cook 3 minutes.
- ☐ Add chicken broth; cook 5 minutes. Stir in spinach and next 3 ingredients; cook 2 minutes or until thoroughly heated. Stir in hot cooked pasta, and serve immediately.
- ☐ *Fresh baby spinach may be substituted.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:19.09, Inflammation Score:-10, Nutrition Score:31.773478383603%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 637.91kcal (31.9%), Fat: 30.46g (46.86%), Saturated Fat: 11.9g (74.35%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 47.05g (17.11%), Sugar: 4.08g (4.53%), Cholesterol: 102.58mg (34.19%), Sodium: 1205.3mg (52.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.44g (76.88%), Vitamin K: 208.75µg (198.81%), Selenium: 67.56µg (96.51%), Vitamin A: 4243.02IU (84.86%), Manganese: 1.02mg (50.83%), Phosphorus: 419.42mg (41.94%), Vitamin B6: 0.63mg (31.56%), Zinc: 4.63mg (30.9%), Vitamin B2: 0.52mg (30.87%), Vitamin B1: 0.46mg (30.83%), Vitamin B12: 1.68µg (28%), Folate: 111.41µg (27.85%), Vitamin B3: 5.08mg (25.39%), Magnesium: 93.77mg (23.44%), Calcium: 224.8mg (22.48%), Iron: 3.79mg (21.07%), Potassium: 677.07mg (19.34%), Vitamin C: 15.11mg

(18.32%), Copper: 0.32mg (16.24%), Fiber: 3.11g (12.43%), Vitamin B5: 0.87mg (8.7%), Vitamin E: 1.2mg (8.02%),
Vitamin D: 0.18µg (1.21%)