

# Bowties with Italian Sausage in a Cream Basil Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups farfalle pasta
- 1.5 cups canned tomatoes fresh chopped
- 0.5 cup basil fresh chopped
- 3 cloves garlic minced
- 19 oz sausage sweet italian johnsonville® (casings removed)
- 1.5 cups cream light
- 2 Tbsp olive oil
- 0.5 cup onion diced

- 0.5 tsp pepper red
- 0.5 tsp salt
- 6 servings parmesan fresh with a sprinkle of basil or shaved parmesan cheese

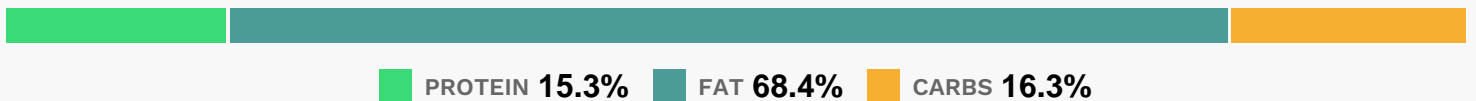
## Equipment

- frying pan
- pot
- wooden spoon

## Directions

- Bring a large pot of salted water to a boil. Cook pasta for 8–10 minutes, or until al dente, drain and rinse with cold water. Set aside.
- In a large skillet, heat oil over medium heat.
- Add decased sausage to skillet and crumble with a wooden spoon as it cooks.
- Add red pepper flakes and continue sautéing until sausage is no longer pink.
- Add onion and garlic to skillet and continue until onion softens. Stir in tomatoes and salt,(if using fresh tomatoes sauté them for 3 minutes until softened) then add light cream and parmesan cheese; simmer gently until mixture thickens (about 5 minutes). Stir in the cooked pasta and basil and heat through, about 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:11.1, Inflammation Score:-7, Nutrition Score:21.596956760987%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 783.1kcal (39.15%), Fat: 59.69g (91.83%), Saturated Fat: 27.36g (170.98%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 29.55g (10.75%), Sugar: 4.37g (4.85%), Cholesterol: 154.95mg (51.65%), Sodium: 1436.3mg (62.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.09%), Selenium: 48.96µg (69.94%), Phosphorus: 455.97mg (45.6%), Calcium: 449.5mg (44.95%), Vitamin B1: 0.62mg (41.24%), Manganese: 0.51mg (25.65%), Vitamin B6: 0.49mg (24.39%), Vitamin B2: 0.38mg (22.52%), Vitamin A: 1124.96IU (22.5%), Vitamin B3: 4.34mg (21.68%), Vitamin B12: 1.3µg (21.61%), Zinc: 3.23mg (21.54%), Potassium: 591.57mg (16.9%), Vitamin K: 16.72µg (15.93%), Magnesium: 61.19mg (15.3%), Copper: 0.3mg (15.11%), Iron: 2.67mg (14.85%), Vitamin E: 2.14mg (14.24%), Vitamin C: 9.54mg (11.56%), Vitamin B5: 1.08mg (10.77%), Fiber: 2.46g (9.83%), Folate: 28.92µg (7.23%), Vitamin D: 0.51µg (3.39%)