



Bowties with Italian Sausage in a Cream Basil Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups farfalle pasta
- 1.5 cups cup heavy whipping cream
- 0.5 cup basil fresh chopped
- 3 cloves garlic minced
- 19 oz sausage sweet italian johnsonville® (casings removed)
- 2 Tbsp olive oil
- 0.5 cup onion diced
- 0.3 cup parmesan cheese grated

- 6 servings parmesan fresh shaved
- 0.5 tsp pepper red
- 0.5 tsp salt
- 1.5 cups plum tomatoes fresh chopped

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 sauteing 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 saute 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

 PROTEIN 15.21%  FAT 70%  CARBS 14.79%

Properties

Glycemic Index:43.67, Glycemic Load:10.46, Inflammation Score:-8, Nutrition Score:22.116522042648%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Myricetin: 0.1mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 819.76kcal (40.99%), Fat: 63.82g (98.18%), Saturated Fat: 30.13g (188.29%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 28.32g (10.3%), Sugar: 4.94g (5.48%), Cholesterol: 159.49mg (53.16%), Sodium: 1428.07mg (62.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.4%), Selenium: 51.54µg (73.62%), Phosphorus: 475.28mg (47.53%), Calcium: 469.72mg (46.97%), Vitamin B1: 0.59mg (39.58%), Vitamin A: 1793IU (35.86%), Vitamin B2: 0.41mg (24.37%), Manganese: 0.47mg (23.67%), Vitamin B6: 0.45mg (22.6%), Zinc: 3.34mg (22.28%), Vitamin B12: 1.33µg (22.14%), Vitamin B3: 3.96mg (19.82%), Vitamin K: 18.55µg (17.67%), Potassium: 560.72mg (16.02%), Vitamin C: 12.07mg (14.63%), Magnesium: 57.04mg (14.26%), Iron: 2.11mg (11.7%), Vitamin E: 1.74mg (11.62%), Copper: 0.23mg (11.52%), Vitamin B5: 0.97mg (9.72%), Fiber: 2.02g (8.07%), Folate: 30.17µg (7.54%), Vitamin D: 1.12µg (7.49%)