



Bucatini Marinara with Sausage

READY IN



73 min.

SERVINGS



6

CALORIES



1021 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup julienne basil leaves fresh for garnish
- ☐ 1 pound bucatini pasta thick
- ☐ 3 tablespoons butter
- ☐ 56 ounce tomatoes diced canned
- ☐ 1 medium carrots diced
- ☐ 1 bay leaf dried
- ☐ 4 cloves garlic minced
- ☐ 8 links sausage sweet italian
- ☐ 6 servings kosher salt

- ☐ 1.5 cups onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper flakes dried red crushed
- ☐ 12 ounces ricotta cheese room temperature
- ☐ 2 teaspoons sugar

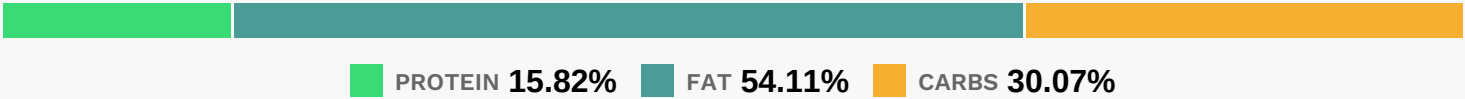
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ grill pan

Directions

- ☐ Heat butter in a large saucepan over medium-high heat. Once melted, add the onion and carrot and saute until golden, about 7 minutes.
- ☐ Add the garlic, oregano, and red pepper flakes and cook 1 more minute.
- ☐ Add the tomatoes with their juice, bay leaf, sugar, and 2 teaspoons salt and bring to simmer. Reduce heat to medium-low and continue to cook, stirring occasionally, about 30 more minutes.
- ☐ Prepare pasta while sauce simmers. Bring a large pot of generously salted water to a boil.
- ☐ Add the pasta and cook according to the package directions until al dente, about 12 minutes.
- ☐ Drain.
- ☐ Remove sauce from heat, remove bay leaf, and carefully blend, in batches, to break up large pieces.
- ☐ Mix sauce with pasta.
- ☐ Serve individual portions topped with a heaping tablespoon of ricotta and garnish with basil.
- ☐ Cut each link evenly in half lengthwise.
- ☐ Heat a grill pan over medium-high heat until hot.
- ☐ Place the sausage cut side down and cook, turning on all sides for even browning, until cooked through, about 10 minutes.
- ☐ Serve as an accompaniment with the bucatini marinara.

Nutrition Facts



Properties

Glycemic Index:65.99, Glycemic Load:25.72, Inflammation Score:-10, Nutrition Score:34.653478031573%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

Nutrients (% of daily need)

Calories: 1021.14kcal (51.06%), Fat: 61.44g (94.52%), Saturated Fat: 25.42g (158.88%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 70.5g (25.64%), Sugar: 12.03g (13.37%), Cholesterol: 157.46mg (52.49%), Sodium: 1772.83mg (77.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.42g (80.85%), Selenium: 93.93µg (134.18%), Vitamin B1: 1.07mg (71.59%), Manganese: 1.13mg (56.55%), Vitamin A: 2597.86IU (51.96%), Phosphorus: 516.82mg (51.68%), Vitamin B6: 0.97mg (48.54%), Vitamin B3: 8.3mg (41.49%), Vitamin C: 32.15mg (38.98%), Potassium: 1217.51mg (34.79%), Vitamin B2: 0.58mg (34.05%), Zinc: 4.92mg (32.82%), Iron: 5.9mg (32.78%), Copper: 0.57mg (28.52%), Calcium: 269.69mg (26.97%), Magnesium: 104.63mg (26.16%), Vitamin B12: 1.56µg (26.06%), Fiber: 6.31g (25.23%), Vitamin K: 20.95µg (19.95%), Folate: 65.55µg (16.39%), Vitamin B5: 1.63mg (16.26%), Vitamin E: 2.32mg (15.5%)