



## Creamy Pasta with Chicken Sausage and Broccoli

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 servings pepper black freshly ground
- 1 pound broccoli stemmed cut into 1-inch florets
- 1 pound .5 oz. macaroni
- 0.8 cup cup heavy whipping cream
- 1 pound turkey sausage sweet italian uncooked
- 8 servings kosher salt
- 1 tablespoon olive oil
- 1 medium onion yellow

- 1.5 ounces parmesan cheese packed finely grated plus more for serving

## Equipment

- bowl
- frying pan
- pot
- wooden spoon
- slotted spoon

## Directions

- Bring a large pot of heavily salted water to a boil over high heat. Meanwhile, heat the oil in a large frying pan over medium-high heat until shimmering.
- Add the sausage and cook, breaking up the meat into smaller pieces with a wooden spoon, until it's no longer pink and is starting to brown, about 6 to 8 minutes.
- Remove with a slotted spoon to a large bowl and set aside. Reduce the heat to medium, add the onions, and season with salt and pepper. Cook, stirring occasionally, until the onions have softened and are just starting to brown, about 6 minutes. Turn off the heat. When the water is boiling, add the broccoli and cook until crisp-tender, about 3 minutes. Using the slotted spoon, transfer the broccoli to the bowl with the sausage. Return the water to a boil, add the pasta, and cook according to the package directions or until al dente. Reserve 1/2 cup of the pasta water, drain, and return the pasta to the pot; set aside. Return the pan of onions to medium heat, add the cream, and stir, scraping up any browned bits from the bottom of the pan. Bring to a simmer and cook until slightly thickened, about 2 to 3 minutes.
- Add the sausage and broccoli and stir until combined.
- Pour the broccoli-sausage mixture over the pasta, add the measured Parmesan and reserved pasta water, and stir to combine. Taste and season with salt and pepper as needed.
- Serve immediately, passing more Parmesan on the side.

## Nutrition Facts



**PROTEIN 18.04%** **FAT 35.37%** **CARBS 46.59%**

## Properties

Glycemic Index:11.38, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:22.812173636063%

## Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

## Nutrients (% of daily need)

Calories: 438.68kcal (21.93%), Fat: 17.34g (26.67%), Saturated Fat: 8.35g (52.22%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 47.32g (17.21%), Sugar: 5.53g (6.15%), Cholesterol: 59.89mg (19.96%), Sodium: 841.72mg (36.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.79%), Vitamin C: 68.96mg (83.59%), Selenium: 52.44µg (74.92%), Vitamin K: 59.97µg (57.11%), Iron: 6.69mg (37.17%), Manganese: 0.71mg (35.61%), Phosphorus: 300.26mg (30.03%), Vitamin B6: 0.42mg (21.23%), Vitamin B3: 3.45mg (17.23%), Zinc: 2.55mg (16.99%), Fiber: 4.06g (16.23%), Vitamin A: 809.68IU (16.19%), Vitamin B2: 0.26mg (15.45%), Magnesium: 61.11mg (15.28%), Folate: 54.3µg (13.58%), Potassium: 469.74mg (13.42%), Copper: 0.27mg (13.3%), Calcium: 115.92mg (11.59%), Vitamin B5: 1.11mg (11.14%), Vitamin B1: 0.14mg (9.59%), Vitamin E: 0.99mg (6.62%), Vitamin B12: 0.35µg (5.85%), Vitamin D: 0.38µg (2.56%)