



Creamy sausage & rocket linguine

READY IN



20 min.

SERVINGS



4

CALORIES



1199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 pork sausages
- ☐ 400 g pasta
- ☐ 100 g rocket
- ☐ 1 chillies red hot finely chopped (depending on how you like it)
- ☐ 150 ml single cream
- ☐ 2 tsp plus olive oil

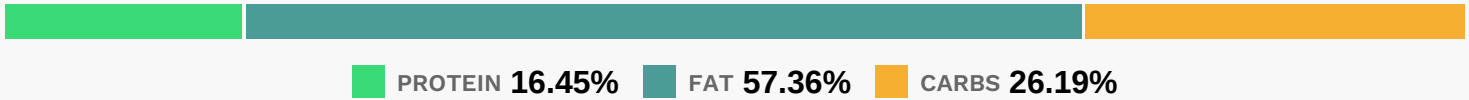
Equipment

- ☐ frying pan

Directions

- ☐ Squeeze the sausagemeat out of the skins, breaking into grape-size chunks.
- ☐ Heat the oil in a frying pan. Fry the chunks for about 8 mins until crisp and golden.
- ☐ Meanwhile, cook the pasta and chop most of the rocket.
- ☐ Add the chilli to the sausages, fry for 30 secs, then tip in the cream and chopped rocket. Season and heat until the rocket has just wilted.
- ☐ Drain the pasta, reserving some of the cooking liquid, then mix the pasta through the sauce with a splash of cooking water. Top with remaining rocket

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:30.55, Inflammation Score:-8, Nutrition Score:31.637391256249%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 1199.3kcal (59.96%), Fat: 75.64g (116.37%), Saturated Fat: 27.82g (173.86%), Carbohydrates: 77.69g (25.9%), Net Carbohydrates: 73.93g (26.88%), Sugar: 3.82g (4.24%), Cholesterol: 204.77mg (68.26%), Sodium: 1464.05mg (63.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.82g (97.64%), Selenium: 63.52µg (90.74%), Vitamin B3: 12.56mg (62.8%), Phosphorus: 535.05mg (53.5%), Manganese: 1.03mg (51.5%), Vitamin B1: 0.74mg (49.31%), Vitamin B6: 0.92mg (45.97%), Zinc: 6.56mg (43.7%), Vitamin B12: 2µg (33.28%), Vitamin K: 32.21µg (30.67%), Potassium: 948.72mg (27.11%), Vitamin C: 21.73mg (26.33%), Magnesium: 101.63mg (25.41%), Vitamin A: 1253.6IU (25.07%), Vitamin B2: 0.41mg (24.37%), Iron: 4.31mg (23.96%), Copper: 0.47mg (23.72%), Vitamin B5: 2.18mg (21.77%), Vitamin D: 3.17µg (21.1%), Fiber: 3.77g (15.08%), Folate: 48.61µg (12.15%), Calcium: 109.08mg (10.91%), Vitamin E: 1.38mg (9.21%)