



Dinner Tonight: Pasta alla Burina (Pasta with Rustic Sauce)

READY IN



45 min.

SERVINGS



4

CALORIES



771 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 14 ounce canned tomatoes whole canned
- ☐ 1 clove garlic diced
- ☐ 1 small onion diced
- ☐ 1 cup peas frozen shelled
- ☐ 0.5 pound pork sausage
- ☐ 1 pound .5 oz. macaroni (I used bow-tie farfalle)
- ☐ 1 glass wine

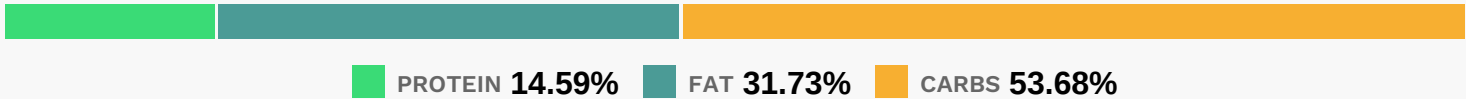
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Melt the butter in a large skillet over medium heat and add the onion and garlic. As the onion begin to brown, add tomatoes with juice. Season to taste with salt and pepper, then simmer about 20 minutes, breaking up the whole tomatoes with a wooden spoon.
- ☐ Meanwhile, prick the sausages and cook gently in the wine in another pan.
- ☐ Remove the sausages from the wine to cool, then strain the wine/pork juice mixture into the tomatoes. Slice the sausages into rounds, removing the casing first if desired.
- ☐ Cook the pasta in abundant salty water, and add the fresh peas to the tomatoes at the same time (if using frozen, wait a few minutes before adding). Shortly before the pasta is done, add the sausage to the sauce to warm through.
- ☐ Drain the pasta, reserving some water, then add to the tomato sauce and toss to coat.
- ☐ Add a little pasta water to moisten, if necessary.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.58, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:24.496086784031%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 771.09kcal (38.55%), Fat: 25.57g (39.33%), Saturated Fat: 10.75g (67.19%), Carbohydrates: 97.29g (32.43%), Net Carbohydrates: 90.29g (32.83%), Sugar: 8.77g (9.74%), Cholesterol: 63.4mg (21.13%), Sodium: 582.4mg (25.32%), Alcohol: 6.08g (100%), Alcohol %: 1.96% (100%), Protein: 26.45g (52.9%), Selenium: 72.78µg (103.97%), Manganese: 1.37mg (68.59%), Phosphorus: 368.23mg (36.82%), Vitamin C: 25.65mg (31.1%), Vitamin B3: 6.15mg (30.76%), Vitamin B6: 0.57mg (28.3%), Fiber: 7g (28%), Vitamin B1: 0.41mg (27.47%), Copper: 0.51mg (25.44%), Magnesium: 98.96mg (24.74%), Zinc: 3.54mg (23.58%), Potassium: 741.45mg (21.18%), Iron: 3.81mg (21.17%), Vitamin B2: 0.26mg (15.15%), Folate: 56.73µg (14.18%), Vitamin A: 698.74IU (13.97%), Vitamin K: 13.26µg (12.63%), Vitamin B5: 1.09mg (10.88%), Vitamin B12: 0.5µg (8.33%), Calcium: 81.95mg (8.2%), Vitamin E: 1.2mg (8.01%), Vitamin D: 0.74µg (4.91%)