



EASY Italian Sausage Spaghetti

 Popular

READY IN



40 min.

SERVINGS



3

CALORIES



1011 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoons olive oil extra virgin
- ☐ 1.5 cups onion yellow finely chopped
- ☐ 2 teaspoons garlic minced
- ☐ 110 g sausage sweet italian (7 to 8 inch link)
- ☐ 110 g spicy sausage italian hot (7 to 8 inch link)
- ☐ 1 large canned tomatoes whole peeled canned (28 oz, 794 g)
- ☐ 1 pound spaghetti pasta (16 oz, 450 g)
- ☐ 3 servings salt

- ☐ 3 servings parmesan cheese freshly grated

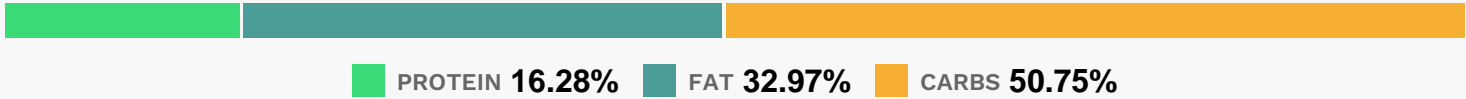
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Sauté onions and garlic:
- ☐ Heat a tablespoon of olive oil in a large skillet on medium or medium heat.
- ☐ Add the chopped onion and cook until translucent, about 5 minutes.
- ☐ Add the minced garlic and cook a minute more.
- ☐ Put pasta water on to boil: While the onions are cooking, put a large pot of salted water on to boil for the pasta (4 quarts water, 2 Tbsp salt).
- ☐ Brown the sausage:
- ☐ Remove the cooked onion and garlic from the pan and set aside.
- ☐ Remove the sausage meat from the casings (if your sausage is in links) and add to the pan, breaking up the meat with your fingers as you add it to the pan. Cook on medium to medium high heat until lightly browned.
- ☐ Add tomatoes, onions, garlic: Lightly purée the whole peeled canned tomatoes (and juices) in a blender, and add to the skillet with the sausage meat.
- ☐ Add the cooked onions and garlic.
- ☐ Heat to a bare simmer.
- ☐ Boil the spaghetti pasta: Once the pasta water has come to a rolling boil, add the spaghetti pasta. Allow the water to return to a rolling boil. Cook, uncovered, with a vigorous boil, for as long as the directions on the pasta package say, usually about 10–12 minutes. When pasta is al dente (cooked but still a little firm), remove the pot from the heat.
- ☐ Drain the pasta and place it in a serving bowl.
- ☐ Serve immediately. Toss with the sauce and garnish with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:47.29, Inflammation Score:-8, Nutrition Score:27.930869579315%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 1011.1kcal (50.56%), Fat: 36.73g (56.5%), Saturated Fat: 13.12g (81.97%), Carbohydrates: 127.18g (42.39%), Net Carbohydrates: 120.39g (43.78%), Sugar: 8.77g (9.75%), Cholesterol: 80.37mg (26.79%), Sodium: 1310.9mg (57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.58%), Selenium: 115.89µg (165.56%), Manganese: 1.61mg (80.72%), Phosphorus: 614.18mg (61.42%), Calcium: 345.98mg (34.6%), Vitamin B1: 0.52mg (34.58%), Zinc: 5.12mg (34.13%), Vitamin B6: 0.64mg (32.13%), Vitamin B3: 6.01mg (30.03%), Copper: 0.58mg (28.88%), Magnesium: 115.42mg (28.85%), Fiber: 6.79g (27.15%), Potassium: 803.75mg (22.96%), Vitamin B2: 0.35mg (20.85%), Iron: 3.7mg (20.56%), Vitamin B12: 1.05µg (17.51%), Vitamin C: 12.62mg (15.29%), Vitamin B5: 1.36mg (13.57%), Folate: 51.95µg (12.99%), Vitamin E: 1.45mg (9.67%), Vitamin A: 352.74IU (7.05%), Vitamin K: 5.56µg (5.29%), Vitamin D: 0.63µg (4.18%)