



## Farfalle Salad with Sweet Italian Sausage

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



807 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 pound farfalle pasta
- ☐ 2 cloves garlic crushed
- ☐ 24 oz sausages sweet italian
- ☐ 1 teaspoon kosher salt
- ☐ 5 tablespoons olive oil
- ☐ 6 servings parsley sprigs for garnish
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb plum tomatoes cored seeded chopped (3 cups)

☐ 1.3 cups onion red chopped

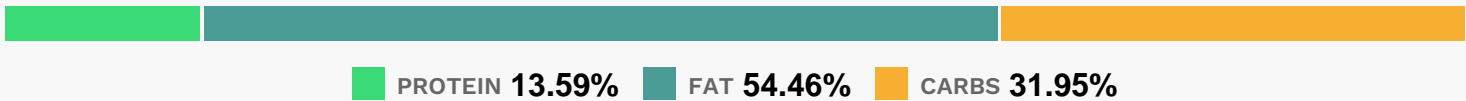
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ spatula

## Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add pasta and cook for 12 minutes, or until al dente.
- ☐ Drain thoroughly and return to pot. Toss with 1 Tbsp. oil to prevent pasta from sticking.
- ☐ While pasta is cooking, heat 2 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Remove sausage from casings and add to skillet, breaking meat apart with a fork or spatula. Season with 1/2 tsp. salt and 1/8 tsp. pepper and cook until nicely browned and cooked through, 5 to 7 minutes.
- ☐ Transfer to a plate lined with paper towels. Wipe any excess oil from pan.
- ☐ In same large skillet, heat remaining 2 Tbsp. oil and garlic over medium-low heat until garlic just turns golden and oil is infused. Discard garlic.
- ☐ Add tomatoes, onion and remaining 1/2 tsp. salt and 1/8 tsp. pepper. Cook over medium heat until just heated through, about 2 minutes.
- ☐ Add tomatoes and sausage to pasta and toss to combine.
- ☐ Serve garnished with parsley sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.17, Glycemic Load:24.55, Inflammation Score:-8, Nutrition Score:25.829565297002%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 806.93kcal (40.35%), Fat: 48.56g (74.71%), Saturated Fat: 14.64g (91.52%), Carbohydrates: 64.09g (21.36%), Net Carbohydrates: 59.98g (21.81%), Sugar: 5.56g (6.18%), Cholesterol: 86.18mg (28.73%), Sodium: 1228.92mg (53.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.53%), Selenium: 76.23µg (108.9%), Vitamin K: 78.97µg (75.21%), Vitamin B1: 0.76mg (50.8%), Manganese: 0.93mg (46.29%), Phosphorus: 336.34mg (33.63%), Vitamin B6: 0.57mg (28.35%), Vitamin B3: 5.52mg (27.61%), Vitamin C: 20.89mg (25.32%), Zinc: 3.34mg (22.27%), Potassium: 714.04mg (20.4%), Vitamin A: 967.95IU (19.36%), Copper: 0.38mg (18.9%), Magnesium: 70.22mg (17.55%), Vitamin B12: 1.03µg (17.2%), Fiber: 4.1g (16.42%), Iron: 2.94mg (16.34%), Vitamin B2: 0.26mg (15.59%), Vitamin E: 2.21mg (14.73%), Folate: 46.9µg (11.72%), Vitamin B5: 1.04mg (10.38%), Calcium: 60.08mg (6.01%)