





 **28%**  
HEALTH SCORE

# Farfalle with Sausage, Tomatoes, and Cream

READY IN  
  
**30 min.**

SERVINGS  
  
**6**

CALORIES  
  
**823 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 28 ounce canned tomatoes with added puree crushed canned
- 1 pound farfalle pasta (bow-tie pasta)
- 0.5 cup basil fresh packed chopped ()
- 0.5 cup basil fresh packed chopped ()
- 3 garlic clove minced
- 1 pound ground sausage sweet italian
- 2 tablespoons olive oil
- 1 cup onion chopped
- 6 servings pecorino cheese freshly grated

0.5 teaspoon pepper dried red crushed

0.5 cup whipping cream

## Equipment

frying pan

pot

## Directions

Heat oil in heavy large skillet over medium-high heat.

Add sausage and crushed red pepper. Sauté until sausage is no longer pink, breaking up with back of fork, about 5 minutes.

Add onion and garlic; sauté until onion is tender and sausage is browned, about 3 minutes longer.

Add tomatoes and cream. Reduce heat to low and simmer until sausage mixture thickens, about 3 minutes. Season to taste with salt and pepper.

Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.

Drain, reserving 1 cup cooking liquid. Return pasta to same pot.

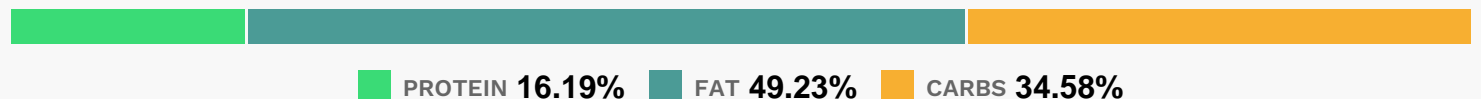
Add sausage mixture and toss over medium-low heat until sauce coats pasta, adding reserved cooking liquid by 1/4 cupfuls if mixture is dry.

Transfer pasta to serving dish.

Sprinkle with basil.

Serve, passing cheese separately.

## Nutrition Facts



## Properties

Glycemic Index:55.33, Glycemic Load:26.55, Inflammation Score:-8, Nutrition Score:28.386956463689%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

## Nutrients (% of daily need)

Calories: 823.46kcal (41.17%), Fat: 45.19g (69.52%), Saturated Fat: 19.14g (119.63%), Carbohydrates: 71.41g (23.8%), Net Carbohydrates: 65.87g (23.95%), Sugar: 9.81g (10.9%), Cholesterol: 111.07mg (37.02%), Sodium: 1101.46mg (47.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.88%), Selenium: 72.66µg (103.8%), Manganese: 1.09mg (54.68%), Phosphorus: 544.84mg (54.48%), Calcium: 423.28mg (42.33%), Vitamin B1: 0.63mg (41.92%), Vitamin B6: 0.63mg (31.27%), Copper: 0.56mg (28.21%), Vitamin B3: 5.49mg (27.46%), Vitamin K: 28.1µg (26.76%), Zinc: 3.7mg (24.67%), Potassium: 852.17mg (24.35%), Magnesium: 96.65mg (24.16%), Vitamin B2: 0.4mg (23.7%), Iron: 4.11mg (22.83%), Fiber: 5.54g (22.16%), Vitamin C: 16.96mg (20.56%), Vitamin A: 961.58IU (19.23%), Vitamin E: 2.76mg (18.42%), Vitamin B12: 1.06µg (17.59%), Vitamin B5: 1.31mg (13.09%), Folate: 47.63µg (11.91%), Vitamin D: 0.47µg (3.12%)