



WHATSheATE



Farfalle with Sausage, Tomatoes, and Cream

Popular

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 ()
- ☐ 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

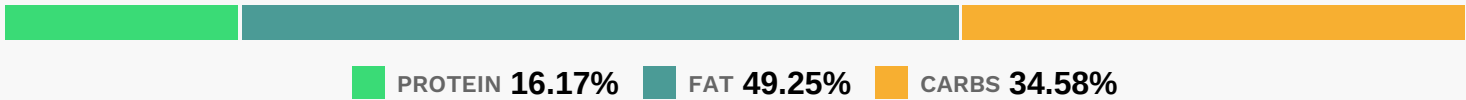
Equipment

- ☐ 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:43.67, Glycemic Load:26.54, Inflammation Score:-8, Nutrition Score:27.759565187537%

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: 823kcal (41.15%), Fat: 45.18g (69.5%), Saturated Fat: 19.14g (119.62%), Carbohydrates: 71.36g (23.79%), Net Carbohydrates: 65.85g (23.95%), Sugar: 9.8g (10.89%), Cholesterol: 111.07mg (37.02%), Sodium: 1101.38mg (47.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.38g (66.76%), Selenium: 72.65µg (103.79%), Phosphorus: 543.72mg (54.37%), Manganese: 1.07mg (53.53%), Calcium: 419.74mg (41.97%), Vitamin B1: 0.63mg (41.87%), Vitamin B6: 0.62mg (31.11%), Copper: 0.56mg (27.82%), Vitamin B3: 5.47mg (27.37%), Zinc: 3.68mg (24.56%), Potassium: 846.27mg (24.18%), Magnesium: 95.37mg (23.84%), Vitamin B2: 0.4mg (23.61%), Iron: 4.05mg (22.47%), Fiber: 5.51g (22.03%), Vitamin C: 16.6mg (20.13%), Vitamin K: 19.8µg (18.86%), Vitamin E: 2.75mg (18.31%), Vitamin B12: 1.06µg (17.59%), Vitamin A: 856.08IU (17.12%), Vitamin B5: 1.3mg (13.04%), Folate: 46.27µg (11.57%), Vitamin D: 0.47µg (3.12%)