



 **21%**  
HEALTH SCORE

## Fettuccine Italiana

READY IN



25 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups asparagus fresh cut (1-)
- 1 tablespoon cornstarch
- 0.5 teaspoon thyme dried
- 8 ounces fettuccine barilla uncooked
- 1 cup mushrooms fresh sliced
- 1 garlic clove minced
- 1 cup chicken broth reduced-sodium
- 1 tablespoon olive oil
- 0.3 cup onion chopped

- 0.3 cup pecorino cheese shredded
- 14 ounces turkey sausage smoked thinly sliced reduced-fat

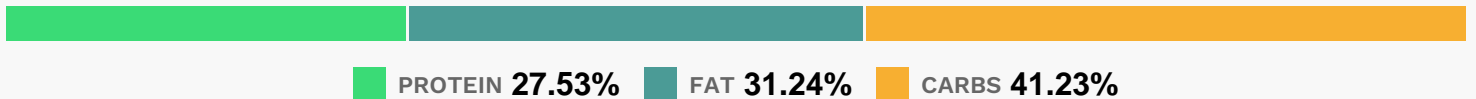
## Equipment

- sauce pan

## Directions

- Cook fettuccine according to package directions.
- Meanwhile, in a large saucepan, saute sausage, asparagus, mushrooms, onion, garlic and thyme in oil until vegetables are tender.
- Combine cornstarch and broth until smooth; stir into sausage mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
- Drain pasta.
- Add to sausage mixture; toss to coat.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:17.85, Inflammation Score:-7, Nutrition Score:23.751304258471%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

## Nutrients (% of daily need)

Calories: 467.85kcal (23.39%), Fat: 16.26g (25.01%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 44.51g (16.19%), Sugar: 3.36g (3.73%), Cholesterol: 128.54mg (42.85%), Sodium: 696.39mg (30.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Selenium: 49.58µg (70.82%), Phosphorus: 437.51mg (43.75%), Vitamin B3: 8.11mg (40.56%), Vitamin B6: 0.67mg (33.46%), Manganese: 0.66mg (33.02%), Zinc: 4.87mg (32.44%), Vitamin K: 32.6µg (31.04%), Vitamin B2: 0.52mg (30.53%), Vitamin B12:

1.59µg (26.55%), Copper: 0.5mg (24.84%), Iron: 4.18mg (23.23%), Vitamin B5: 2.12mg (21.15%), Vitamin B1: 0.3mg (19.81%), Potassium: 684.81mg (19.57%), Magnesium: 67.95mg (16.99%), Folate: 63.03µg (15.76%), Fiber: 3.77g (15.07%), Calcium: 130.45mg (13.05%), Vitamin A: 647.05IU (12.94%), Vitamin E: 1.63mg (10.86%), Vitamin C: 7.57mg (9.18%), Vitamin D: 0.25µg (1.66%)