



## Fettuccine with Creamy Tomato and Sausage Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



703 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon sage dried
- 0.8 pound fettuccine barilla
- 2 large garlic clove chopped
- 1 pound ground sausage sweet italian
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon pepper dried red crushed
- 3 shallots chopped

- 29 ounce frangelico diced italian with seasonings canned
- 1 cup whipping cream

## Equipment

- bowl
- pot

## Directions

- Heat oil in heavy large pot over medium-high heat.
- Add shallots and garlic and sauté until beginning to soften, about 3 minutes.
- Add sausages and sauté until no longer pink, breaking up with back of fork, about 5 minutes.
- Add cream; simmer 5 minutes.
- Add tomatoes with juices, sage and crushed red pepper. Simmer until sauce thickens, stirring occasionally, about 15 minutes.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- Drain pasta, reserving 1/2 cup cooking liquid.
- Return pasta to same pot; add sauce. Toss over medium heat until sauce coats pasta, adding reserved cooking liquid by 1/4 cupfuls if mixture is dry. Season with salt and pepper.
- Transfer to bowl; sprinkle with cheese and serve.

## Nutrition Facts

 **PROTEIN 12.99%**  **FAT 60.96%**  **CARBS 26.05%**

## Properties

Glycemic Index:22, Glycemic Load:17.7, Inflammation Score:-7, Nutrition Score:18.676521643348%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 702.51kcal (35.13%), Fat: 47.61g (73.24%), Saturated Fat: 20.28g (126.74%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 43.29g (15.74%), Sugar: 3.24g (3.6%), Cholesterol: 157.16mg (52.39%), Sodium: 725.61mg (31.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.66%), Selenium: 67.87µg (96.96%), Vitamin B1: 0.55mg (36.56%), Phosphorus: 329.67mg (32.97%), Manganese: 0.6mg (30.13%), Vitamin B6: 0.44mg (21.89%), Zinc: 2.98mg (19.88%), Vitamin B3: 3.75mg (18.75%), Vitamin B12: 1.03µg (17.14%), Vitamin B2: 0.29mg (16.92%), Vitamin A: 760.01IU (15.2%), Calcium: 145.84mg (14.58%), Magnesium: 53.71mg (13.43%), Iron: 2.36mg (13.12%), Copper: 0.25mg (12.74%), Potassium: 435.25mg (12.44%), Vitamin B5: 1.07mg (10.75%), Vitamin K: 10.51µg (10.01%), Fiber: 2.48g (9.94%), Vitamin E: 1.38mg (9.22%), Folate: 29.82µg (7.45%), Vitamin D: 0.85µg (5.64%), Vitamin C: 3.17mg (3.84%)