



## Fettuccine with Creamy Tomato Italian Sausage Sauce

 Popular

READY IN



51 min.

SERVINGS



6

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 shallots chopped
- ☐ 2 large garlic cloves chopped
- ☐ 0.5 pound sausage sweet italian
- ☐ 0.5 pound sausage italian hot
- ☐ 1 cup whipping cream
- ☐ 29 ounce juice reserved from tomatoes diced canned

- ☐ 1 tablespoon sage dried
- ☐ 0.8 pound fettuccine barilla
- ☐ 0.5 cup parmesan cheese grated

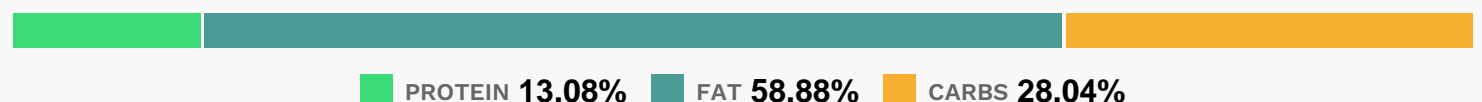
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ Heat water for pasta: Put a large pot of salted water on to boil (1 Tbsp salt for every 2 quarts of water). While the pasta water is heating, prepare the sauce in the next step.
- ☐ Cook shallots and garlic:
- ☐ Heat olive oil in a large sauté pan on medium heat.
- ☐ Add the shallots and garlic and cook, stirring frequently, until beginning to soften, about 3 minutes.
- ☐ Add Italian sausage: Break up the sweet and spicy Italian sausages as you add them to the pan. Toss with the shallots, increase the heat to medium high, and cook until no longer pink, about 5 minutes.
- ☐ Stir in the cream and simmer for 5 minutes.
- ☐ Stir in the tomatoes, their juices, and the sage. Simmer for about 15 minutes, stirring occasionally, until the sauce thickens.
- ☐ Cook the pasta: The pasta water should be boiling by now. After the sauce has simmered for about 5 minutes, add the pasta to boiling salted water and cook, uncovered at a rolling boil, until the pasta is al dente, cooked through but still a little firm to the bite.
- ☐ Reserve 1/2 cup of the pasta water and drain the pasta.
- ☐ the pasta with the sauce and add a little of the reserved pasta water if dish seems dry.
- ☐ Season with salt and pepper and sprinkle with cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:17.7, Inflammation Score:-7, Nutrition Score:22.736521783082%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 725.33kcal (36.27%), Fat: 47.76g (73.48%), Saturated Fat: 20.3g (126.87%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 47.38g (17.23%), Sugar: 6.49g (7.21%), Cholesterol: 157.16mg (52.39%), Sodium: 918.82mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.75%), Selenium: 67.98µg (97.11%), Vitamin B1: 0.61mg (40.64%), Phosphorus: 355.2mg (35.52%), Manganese: 0.71mg (35.26%), Vitamin B6: 0.59mg (29.32%), Vitamin B3: 4.71mg (23.53%), Vitamin B2: 0.36mg (21.26%), Zinc: 3.17mg (21.11%), Iron: 3.66mg (20.35%), Potassium: 689.6mg (19.7%), Vitamin C: 15.91mg (19.29%), Calcium: 187.76mg (18.78%), Vitamin A: 870.91IU (17.42%), Copper: 0.35mg (17.38%), Vitamin B12: 1.03µg (17.14%), Magnesium: 68.54mg (17.13%), Fiber: 3.8g (15.19%), Vitamin E: 2.25mg (15.01%), Vitamin K: 14.31µg (13.63%), Vitamin B5: 1.23mg (12.35%), Folate: 40.73µg (10.18%), Vitamin D: 0.85µg (5.64%)