



WHATSheATE



Fettuccine with Italian Sausage and Olive Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



718 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 29 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 8 oz tomato sauce canned
- ☐ 0.5 cup olives assorted pitted
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 2 oz parmesan shredded

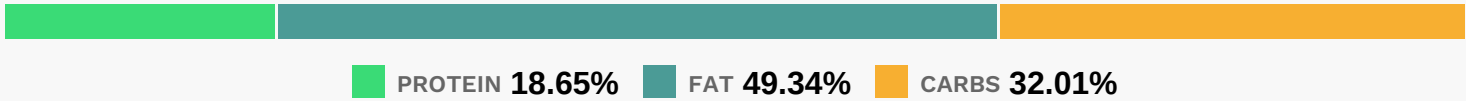
Equipment

☐ frying pan

Directions

- ☐ Heat water for cooking fettuccine to boiling. Meanwhile, in 12-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink; drain if necessary.
- ☐ Stir tomatoes, tomato sauce and olives into sausage. Reduce heat to low. Cover; cook 10 to 15 minutes, stirring occasionally, to blend flavors.
- ☐ Cook and drain fettuccine as directed on package.
- ☐ Serve sauce over fettuccine.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:20.17, Inflammation Score:-7, Nutrition Score:27.300434983295%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 718.25kcal (35.91%), Fat: 39.6g (60.92%), Saturated Fat: 13.46g (84.1%), Carbohydrates: 57.8g (19.27%), Net Carbohydrates: 52.23g (18.99%), Sugar: 8.31g (9.24%), Cholesterol: 144.87mg (48.29%), Sodium: 1787.6mg (77.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Selenium: 54.15µg (77.36%), Phosphorus: 460.22mg (46.02%), Vitamin B3: 8.78mg (43.88%), Vitamin B6: 0.79mg (39.33%), Manganese: 0.77mg (38.64%), Vitamin B1: 0.54mg (35.7%), Zinc: 4.49mg (29.96%), Vitamin C: 23.88mg (28.94%), Iron: 5.21mg (28.93%), Potassium: 1011.79mg (28.91%), Calcium: 280.79mg (28.08%), Copper: 0.5mg (24.8%), Vitamin B2: 0.39mg (23.17%), Magnesium: 92.08mg (23.02%), Fiber: 5.57g (22.27%), Vitamin E: 3.34mg (22.26%), Vitamin B12: 1.32µg (21.98%), Vitamin B5: 1.83mg (18.28%), Vitamin A: 787.6IU (15.75%), Vitamin D: 1.74µg (11.58%), Folate: 42.68µg (10.67%), Vitamin K: 8.8µg (8.38%)