



Fettuccine with Sausage and Kale

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



757 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb eggs dried
- ☐ 0.5 lb crossing over quintessential american desserts coarsely chopped
- ☐ 0.7 cup chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup pecorino cheese finely grated for serving
- ☐ 1 lb pork sausage hot crumbled

Equipment

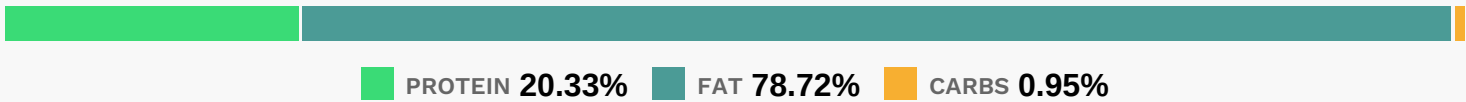
- ☐ frying pan

- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook sausage, breaking up any lumps with a spoon, until browned, 5 to 7 minutes.
- ☐ Meanwhile, blanch kale in a 6-quart pot of boiling salted water, uncovered, 5 minutes.
- ☐ Remove kale with a large sieve and drain. Return cooking water in pot to a boil, then cook pasta in boiling water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander.
- ☐ While pasta cooks, add kale to sausage in skillet and sauté, stirring frequently, until just tender, about 5 minutes.
- ☐ Add broth, stirring and scraping up any brown bits from bottom of skillet, then add pasta and 1/2 cup reserved cooking water to skillet, tossing until combined. Stir in cheese and thin with additional cooking water if desired.
- ☐ Serve immediately, with additional cheese on the side.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:19.420000104801%

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

Nutrients (% of daily need)

Calories: 757kcal (37.85%), Fat: 65.69g (101.07%), Saturated Fat: 22.58g (141.1%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.35g (0.39%), Cholesterol: 348.09mg (116.03%), Sodium: 993.78mg (43.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.35%), Phosphorus: 440.19mg (44.02%), Vitamin B12: 2.53µg (42.11%), Selenium: 28.91µg (41.31%), Vitamin B3: 8.08mg (40.41%), Zinc: 5.74mg (38.25%), Vitamin B2: 0.57mg (33.8%), Vitamin B6: 0.67mg (33.33%), Vitamin B1: 0.38mg (25.44%), Iron: 3.41mg (18.96%),

Vitamin D: 2.78µg (18.56%), Calcium: 182.31mg (18.23%), Vitamin B5: 1.68mg (16.83%), Vitamin E: 2.35mg (15.68%), Potassium: 527.76mg (15.08%), Magnesium: 37.84mg (9.46%), Vitamin A: 453.87IU (9.08%), Copper: 0.17mg (8.67%), Vitamin K: 8.07µg (7.69%), Folate: 30.36µg (7.59%), Manganese: 0.02mg (1.2%)