



Fettuccine with Sausage, Sage, and Crispy Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



772 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ounces asiago cheese grated
- 2 tablespoons butter divided
- 0.8 pound fettuccine barilla (such as de cecco)
- 2 tablespoons sage fresh finely chopped
- 8 garlic clove peeled thinly sliced
- 1 pound turkey sausage sweet italian
- 0.3 cup olive oil
- 0.3 teaspoon pepper dried red crushed

Equipment

- bowl
- frying pan
- slotted spoon
- tongs

Directions

- Meanwhile, melt 1 tablespoon butter with oil in heavy large skillet over medium heat.
- Add garlic slices and sauté until light golden, about 45 seconds. Using slotted spoon, transfer garlic to bowl.
- Increase heat to medium-high; add sage to same skillet and stir until beginning to crisp, about 10 seconds.
- Add sausage and sauté until browned and crisp in spots, breaking up with fork, about 8 minutes.
- Drain pasta; add pasta and remaining 1 tablespoon butter to skillet. Using tongs, toss pasta with sausage mixture.
- Add crushed red pepper, if desired; season to taste with salt and pepper.
- Transfer pasta to large bowl. Top with crispy garlic and grated Asiago cheese.
- *Available at some supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts

  
PROTEIN 19.3% **FAT 44.91%** **CARBS 35.79%**

Properties

Glycemic Index:37.75, Glycemic Load:26.18, Inflammation Score:-7, Nutrition Score:32.319130700567%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 772.29kcal (38.61%), Fat: 38.57g (59.33%), Saturated Fat: 13.9g (86.89%), Carbohydrates: 69.13g (23.04%), Net Carbohydrates: 64.92g (23.61%), Sugar: 5.47g (6.08%), Cholesterol: 161.05mg (53.68%), Sodium: 1459.31mg (63.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.59%), Copper: 9.5mg (474.92%), Selenium: 97.92µg (139.89%), Iron: 13.21mg (73.4%), Manganese: 1.21mg (60.36%), Phosphorus: 574.66mg (57.47%), Vitamin C: 36.35mg (44.06%), Vitamin B6: 0.71mg (35.62%), Calcium: 338.08mg (33.81%), Zinc: 4.77mg (31.8%), Vitamin B3: 6.07mg (30.35%), Magnesium: 93.96mg (23.49%), Vitamin B2: 0.36mg (21.01%), Vitamin B5: 1.82mg (18.2%), Vitamin B1: 0.25mg (16.99%), Fiber: 4.21g (16.85%), Vitamin E: 2.52mg (16.8%), Vitamin B12: 1µg (16.69%), Potassium: 491.58mg (14.05%), Vitamin A: 594.61IU (11.89%), Vitamin K: 9.64µg (9.18%), Folate: 35.65µg (8.91%), Vitamin D: 0.36µg (2.41%)