



Fresh Pasta with Favas, Tomatoes, and Sausage

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 0.8 pound sheets egg fettuccine dried fresh
- ☐ 1 cup avarakkai / broad beans fresh frozen shelled thawed peeled (from 1 pound)
- ☐ 2 large garlic cloves coarsely chopped
- ☐ 0.5 pound sausages italian
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons pecorino romano cheese plus additional finely grated for passing

- ☐ 1.8 cups plum tomatoes chopped
- ☐ 0.1 teaspoon pepper dried red crushed

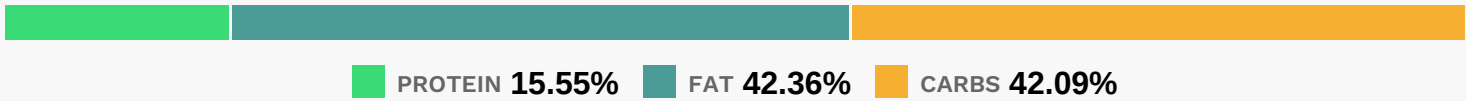
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add next 3 ingredients. Sauté until onion is translucent, about 6 minutes.
- ☐ Add sausages; break up with fork. Sauté until brown, about 3 minutes.
- ☐ Add wine; simmer 1 minute, scraping up browned bits.
- ☐ Add tomatoes and fava beans. Sauté until tomatoes soften, about 5 minutes. Season sauce with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain, reserving 1/2 cup pasta cooking liquid. Return pasta to same pot.
- ☐ Add sauce to pasta. Toss over medium heat until sauce coats pasta, adding reserved cooking liquid as needed if dry, about 2 minutes.
- ☐ Mix in 2 tablespoons cheese.
- ☐ Transfer pasta to bowl.
- ☐ Serve, passing additional cheese.
- ☐ In this dish, Alex usesmaltagliati (badly cut) pasta. To make it, cut fresh pasta sheets into trapezoids. Don't worry about making each piece exactly the same size or shape. The pasta should have an irregular look.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:2.65, Inflammation Score:-6, Nutrition Score:11.285652265924%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 300.38kcal (15.02%), Fat: 13.9g (21.39%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 29.12g (10.59%), Sugar: 2.26g (2.51%), Cholesterol: 53.89mg (17.96%), Sodium: 238.43mg (10.37%), Alcohol: 0.77g (100%), Alcohol %: 0.59% (100%), Protein: 11.48g (22.97%), Vitamin B1: 0.51mg (33.84%), Folate: 109.07µg (27.27%), Manganese: 0.43mg (21.63%), Phosphorus: 163.55mg (16.35%), Vitamin B2: 0.27mg (16.04%), Vitamin B3: 2.83mg (14.17%), Iron: 2.31mg (12.81%), Selenium: 7.93µg (11.34%), Copper: 0.21mg (10.62%), Vitamin C: 8.7mg (10.54%), Vitamin B6: 0.21mg (10.4%), Magnesium: 40.86mg (10.21%), Potassium: 352.1mg (10.06%), Vitamin A: 469IU (9.38%), Zinc: 1.4mg (9.31%), Fiber: 1.97g (7.86%), Vitamin B12: 0.4µg (6.73%), Vitamin K: 6.96µg (6.62%), Vitamin E: 0.81mg (5.37%), Vitamin B5: 0.48mg (4.77%), Calcium: 42.08mg (4.21%)