



Fresh Tomato, Sausage, and Pecorino Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup torn basil leaves fresh
- 0.1 teaspoon pepper black
- 2 teaspoons garlic minced
- 8 ounces sausage sweet italian
- 2 teaspoons olive oil
- 1 cup onion vertically sliced
- 6 tablespoons pecorino romano cheese fresh divided grated
- 8 ounces penne pasta uncooked
- 0.3 teaspoon salt

1.3 pounds tomatoes chopped

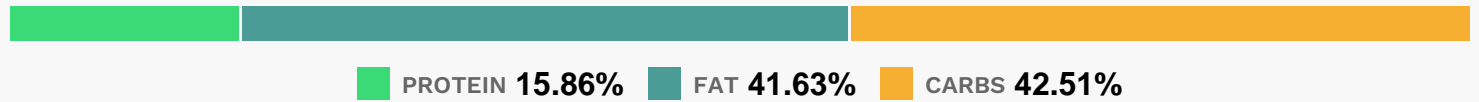
Equipment

frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Heat a large nonstick skillet over medium-high heat.
- Remove casings from sausage.
- Add oil to pan; swirl to coat.
- Add sausage and onion to pan; cook 4 minutes, stirring to crumble sausage.
- Add garlic; cook 2 minutes. Stir in tomatoes; cook 2 minutes.
- Remove from heat; stir in pasta, 2 tablespoons cheese, salt, and pepper.
- Sprinkle with remaining 1/4 cup cheese and basil.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:19.63, Inflammation Score:-8, Nutrition Score:19.320869487265%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 497.49kcal (24.87%), Fat: 22.98g (35.36%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 48.54g (17.65%), Sugar: 7.01g (7.79%), Cholesterol: 50.89mg (16.96%), Sodium: 662.27mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.39%), Selenium: 51.4µg (73.43%), Manganese: 0.82mg (40.91%), Vitamin B1: 0.45mg (30.02%), Vitamin C: 24.25mg (29.4%), Phosphorus: 293.53mg (29.35%), Vitamin A: 1292.28IU (25.85%), Vitamin B6: 0.44mg (21.97%), Potassium: 682mg (19.49%), Vitamin B3:

3.73mg (18.63%), Vitamin K: 19.14µg (18.23%), Fiber: 4.27g (17.07%), Copper: 0.32mg (16.1%), Zinc: 2.35mg (15.65%), Magnesium: 62.1mg (15.53%), Calcium: 131.04mg (13.1%), Vitamin B2: 0.2mg (11.63%), Folate: 45.2µg (11.3%), Iron: 2.02mg (11.23%), Vitamin B12: 0.6µg (10%), Vitamin E: 1.15mg (7.7%), Vitamin B5: 0.75mg (7.54%)