






 **24%**  
HEALTH SCORE

# Fresh Tomato, Sausage, and Pecorino Pasta

READY IN  
  
**40 min.**

SERVINGS  
  
**4**

CALORIES  
  
**498 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup basil fresh
- 0.3 cup basil 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 cheese fresh divided grated
- 8 ounces penne pasta uncooked

- 0.3 teaspoon salt
- 1.3 pounds tomatoes chopped

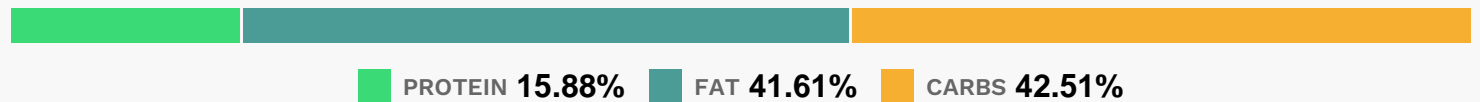
## Equipment

- 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:91, Glycemic Load:19.64, Inflammation Score:-8, Nutrition Score:19.789565335149%

## 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: 497.83kcal (24.89%), Fat: 22.99g (35.37%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 48.55g (17.66%), Sugar: 7.02g (7.8%), Cholesterol: 50.89mg (16.96%), Sodium: 662.33mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.48%), Selenium: 51.41µg (73.44%),

Manganese: 0.84mg (41.77%), Vitamin B1: 0.45mg (30.05%), Vitamin C: 24.52mg (29.72%), Phosphorus: 294.37mg (29.44%), Vitamin A: 1371.41IU (27.43%), Vitamin K: 25.36µg (24.15%), Vitamin B6: 0.44mg (22.09%), Potassium: 686.42mg (19.61%), Vitamin B3: 3.74mg (18.7%), Fiber: 4.29g (17.16%), Copper: 0.33mg (16.38%), Magnesium: 63.06mg (15.77%), Zinc: 2.36mg (15.73%), Calcium: 133.7mg (13.37%), Vitamin B2: 0.2mg (11.69%), Folate: 46.22µg (11.56%), Iron: 2.07mg (11.5%), Vitamin B12: 0.6µg (10%), Vitamin E: 1.17mg (7.78%), Vitamin B5: 0.76mg (7.57%)