



Fusilli with Sausage, Artichokes, and Sun-Dried Tomatoes

READY IN



38 min.

SERVINGS



6

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.8 cups chicken broth
- 0.5 cup cooking wine dry white
- 0.3 cup basil leaves fresh chopped
- 16 ounce artichoke hearts frozen
- 16 ounces fusilli pasta
- 2 large cloves garlic chopped
- 1 pound sausages italian hot
- 0.8 cup oil-packed sun-dried tomatoes drained sliced

- 0.5 cup parmesan shredded for garnish
- 0.3 cup parsley leaves fresh italian chopped
- 6 servings salt and pepper freshly ground
- 8 ounces water-packed mozzarella fresh cubed drained

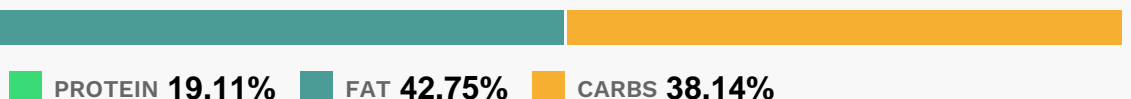
Equipment

- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Heat the oil reserved from the tomatoes in a heavy large frying pan over medium-high heat.
- Add the sausages and cook until brown, breaking up the meat into bite-size pieces with a fork, about 8 minutes.
- Transfer the sausage to a bowl.
- Add the artichokes and garlic to the same skillet, and saute over medium heat until the garlic is tender, about 2 minutes.
- Add the broth, wine, and sun-dried tomatoes. Boil over medium-high heat until the sauce reduces slightly, stirring occasionally, about 8 minutes.
- Meanwhile, bring a large pot of salted water to a boil. Cook the fusilli in boiling water until tender but still firm to the bite, stirring often, about 8 minutes.
- Drain the pasta (do not rinse).
- Add the pasta, sausage, 1/2 cup Parmesan, basil, and parsley to the artichoke mixture. Toss until the sauce is almost absorbed by the pasta. Stir in the mozzarella. Season, to taste, with salt and pepper.
- Serve, passing the additional Parmesan cheese alongside.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:25.13, Inflammation Score:-8, Nutrition Score:30.991739428562%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 775.52kcal (38.78%), Fat: 36.34g (55.9%), Saturated Fat: 15.22g (95.1%), Carbohydrates: 72.92g (24.31%), Net Carbohydrates: 65.74g (23.9%), Sugar: 8.17g (9.07%), Cholesterol: 94.35mg (31.45%), Sodium: 1428.61mg (62.11%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 36.55g (73.1%), Selenium: 76.18µg (108.83%), Manganese: 1.28mg (63.95%), Phosphorus: 544.74mg (54.47%), Vitamin K: 53.63µg (51.08%), Vitamin B1: 0.65mg (43.23%), Calcium: 360.81mg (36.08%), Folate: 132.43µg (33.11%), Potassium: 1103.72mg (31.53%), Vitamin B2: 0.53mg (31.06%), Vitamin B3: 5.92mg (29.61%), Zinc: 4.39mg (29.26%), Fiber: 7.18g (28.73%), Magnesium: 114.01mg (28.5%), Vitamin B12: 1.66µg (27.72%), Copper: 0.54mg (27.25%), Vitamin B6: 0.49mg (24.5%), Iron: 4.06mg (22.53%), Vitamin C: 14.79mg (17.92%), Vitamin A: 839.6IU (16.79%), Vitamin B5: 1.27mg (12.65%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.19µg (1.29%)