



Fusilli with Spicy Chicken Sausage, Tomato, and Ricotta Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound chicken sausages hot
- ☐ 0.3 teaspoon rosemary dried crumbled
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 0.5 pound fusilli
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 1 pinch red-pepper flakes dried
- ☐ 0.8 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups tomatoes in purée thick canned crushed
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large, deep frying pan, heat the oil over moderate heat.
- ☐ Add the sausage and cook, turning, until browned and cooked through, about 10 minutes.
- ☐ Remove the sausage and, when it is cool enough to handle, cut it into 1/4-inch slices.
- ☐ Pour off all but 1 tablespoon fat from the pan.
- ☐ Reduce the heat to moderately low.
- ☐ Add the onion to the pan and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and cook 30 seconds longer.
- ☐ Add the wine and bring to a simmer.
- ☐ Add the sausage, tomatoes, water, rosemary, red-pepper flakes, and 1/4 teaspoon of the salt and bring to a simmer. Cook, stirring occasionally, for 10 minutes. Stir in the parsley.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the fusilli until just done, about 13 minutes.
- ☐ Drain and toss with the sauce, the ricotta, and the remaining 1/4 teaspoon salt.
- ☐ Wine Recommendation: The acidity of the tomato and spiciness of the sausage are best suited to a red wine with soft tannin and good acidity. Try a sangiovese from Tuscany such as Chianti Classico or Rosso di Montalcino or look for a version from California.

Nutrition Facts



 **PROTEIN 21.12%**  **FAT 39.68%**  **CARBS 39.2%**

Properties

Glycemic Index:70.25, Glycemic Load:20.06, Inflammation Score:-8, Nutrition Score:17.670869645865%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 604.75kcal (30.24%), Fat: 26.7g (41.07%), Saturated Fat: 7.89g (49.28%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 55.21g (20.08%), Sugar: 8.35g (9.27%), Cholesterol: 103.77mg (34.59%), Sodium: 1618.01mg (70.35%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 31.97g (63.94%), Selenium: 43.5µg (62.14%), Vitamin K: 56.91µg (54.2%), Manganese: 0.77mg (38.65%), Phosphorus: 224.46mg (22.45%), Vitamin A: 1063.35IU (21.27%), Vitamin C: 16.43mg (19.92%), Iron: 3.4mg (18.86%), Copper: 0.36mg (18.14%), Fiber: 4.15g (16.59%), Calcium: 154.37mg (15.44%), Vitamin B6: 0.3mg (14.95%), Magnesium: 59.65mg (14.91%), Potassium: 515.24mg (14.72%), Vitamin E: 1.79mg (11.94%), Zinc: 1.7mg (11.34%), Vitamin B3: 2.22mg (11.11%), Vitamin B2: 0.19mg (10.97%), Vitamin B1: 0.14mg (9.61%), Folate: 37.59µg (9.4%), Vitamin B5: 0.66mg (6.57%), Vitamin B12: 0.16µg (2.63%)