



Italian Sausage and Zucchini Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



860 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 ounces fettuccine barilla
- ☐ 2 tablespoons garlic minced
- ☐ 1 pound sausages italian hot
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion sliced
- ☐ 0.7 cup freshly parmesan cheese shredded
- ☐ 2 medium tomatoes cut into 1-in. chunks
- ☐ 1 pound zucchini sliced

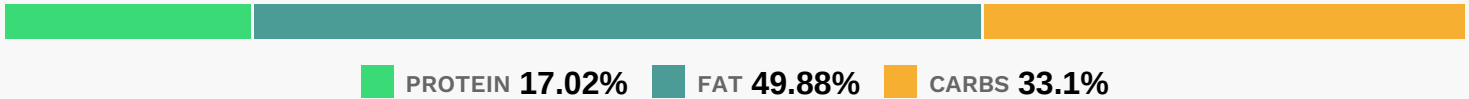
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain, return to pot, and set aside.
- ☐ Meanwhile, in a large nonstick frying pan, heat oil over high heat.
- ☐ Add sausage and cook, stirring often, until cooked through, about 5 minutes.
- ☐ Transfer sausage to a plate and set aside.
- ☐ In the same pan, cook garlic, onion, and zucchini until starting to brown, about 4 minutes. Stir in tomatoes, pepper, and reserved sausage and cook until heated through, about 3 minutes.
- ☐ Combine sausage mixture with reserved pasta and transfer to a large serving bowl.
- ☐ Sprinkle with half the parmesan and serve with remaining cheese on the side.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:27.59, Inflammation Score:-8, Nutrition Score:30.367391285689%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 860.15kcal (43.01%), Fat: 47.64g (73.3%), Saturated Fat: 17.13g (107.06%), Carbohydrates: 71.16g (23.72%), Net Carbohydrates: 65.99g (24%), Sugar: 7.07g (7.86%), Cholesterol: 168.96mg (56.32%), Sodium: 1127.55mg

(49.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.15%), Selenium: 99.8µg (142.57%), Manganese: 1.19mg (59.58%), Vitamin B1: 0.89mg (59.1%), Phosphorus: 551.83mg (55.18%), Vitamin B6: 0.85mg (42.37%), Vitamin C: 33.72mg (40.87%), Vitamin B3: 6.45mg (32.24%), Zinc: 4.67mg (31.15%), Potassium: 1000.07mg (28.57%), Calcium: 284.79mg (28.48%), Vitamin B2: 0.45mg (26.52%), Magnesium: 103.14mg (25.79%), Vitamin B12: 1.48µg (24.64%), Copper: 0.47mg (23.41%), Iron: 3.83mg (21.28%), Fiber: 5.17g (20.66%), Folate: 75.31µg (18.83%), Vitamin A: 924.12IU (18.48%), Vitamin B5: 1.77mg (17.67%), Vitamin K: 13.11µg (12.48%), Vitamin E: 1.33mg (8.89%), Vitamin D: 0.34µg (2.26%)