



WHATSheATE



Lamb Sausage Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



926 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil fresh
- ☐ 1 lb lamb loins fresh
- ☐ 0.3 cup parmesan shaved
- ☐ 1 lb rigatoni
- ☐ 25.5 oz tomato basil sauce organic
- ☐ 1 tablespoon vegetable oil

Equipment

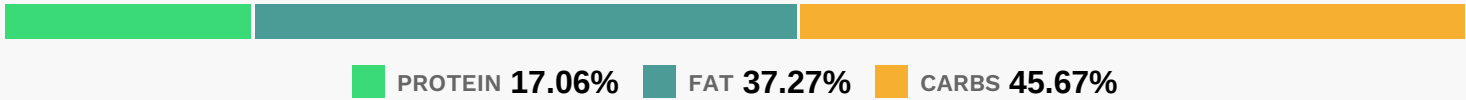
- ☐ frying pan

☐ pot

Directions

- ☐ Heat stockpot of salted water to boiling.
- ☐ Add pasta; cook as directed on package.
- ☐ In 12-inch skillet, heat oil over medium heat.
- ☐ Add sausage; cook about 10 minutes, turning once, until golden brown and no longer pink (160F).
- ☐ Remove sausage from skillet to plate.
- ☐ In same skillet, heat pasta sauce to a simmer, scraping bottom of skillet to lift brown pieces leftover from cooking sausage.
- ☐ Add 1/4 cup pasta water and the drained cooked pasta; toss. Cook 1 minute.
- ☐ Transfer to large serving platter. Top with sausage, cheese and basil.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:34.1, Inflammation Score:-8, Nutrition Score:26.484347796958%

Nutrients (% of daily need)

Calories: 925.51kcal (46.28%), Fat: 37.62g (57.88%), Saturated Fat: 14.11g (88.19%), Carbohydrates: 103.71g (34.57%), Net Carbohydrates: 94.28g (34.28%), Sugar: 16.09g (17.88%), Cholesterol: 87.03mg (29.01%), Sodium: 853.43mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.48%), Selenium: 94.4µg (134.85%), Manganese: 1.08mg (53.99%), Vitamin B12: 2.69µg (44.91%), Phosphorus: 436.57mg (43.66%), Vitamin B3: 8.72mg (43.58%), Fiber: 9.44g (37.74%), Zinc: 5.65mg (37.67%), Potassium: 1093.13mg (31.23%), Iron: 4.38mg (24.33%), Vitamin A: 1212.31IU (24.25%), Copper: 0.45mg (22.5%), Magnesium: 87.62mg (21.91%), Vitamin B2: 0.33mg (19.3%), Calcium: 176.45mg (17.64%), Vitamin K: 16.78µg (15.98%), Vitamin B6: 0.32mg (15.82%), Vitamin B1: 0.23mg (15.32%), Vitamin B5: 1.26mg (12.57%), Vitamin C: 8.94mg (10.84%), Folate: 42.28µg (10.57%), Vitamin E: 0.66mg (4.37%)