



## Linguine with Sausage and Kale

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon chili flakes hot
- 1 cup fat-skimmed chicken broth
- 2 cloves garlic
- 12 ounces kale
- 8 ounces kielbasa sausages (Portuguese) (Polish)
- 8 ounces pasta dried
- 1 tablespoon olive oil
- 6 oz onion

- 0.3 cup parmesan cheese grated
- 8 oz bell pepper red
- 4 servings salt and pepper

## Equipment

- bowl
- frying pan

## Directions

- In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- Add linguine and stir occasionally until barely tender to bite, 8 to 11 minutes.
- Meanwhile, rinse kale; trim off and discard tough stems.
- Cut leaves crosswise into 1/4-inch-wide strips. Rinse, stem, and seed bell pepper; cut lengthwise into 1/4-inch-wide slivers 2 inches long. Peel and thinly slice onion. Peel garlic and mince. Slice sausages diagonally 1/4 inch thick.
- In a 12-inch nonstick frying pan or 5- to 6-quart pan over high heat, stir sausages in olive oil until lightly browned, 2 to 3 minutes.
- Add bell pepper, onion, garlic, and chili flakes; stir until onion begins to brown, 2 to 3 minutes.
- Add kale and stir until wilted, 1 to 2 minutes.
- Add broth and stir until boiling.
- Drain pasta and return to pan.
- Add sausage mixture, cheese, and salt and pepper to taste. (If pasta has cooled down, stir over medium heat until hot.)
- Pour into a wide serving bowl or distribute evenly among plates.
- Variation: Substitute chunks of boned, skinned chicken thighs for the sausages and mustard greens, Swiss chard, or spinach for the kale.

## Nutrition Facts



PROTEIN 16.16%  FAT 41.22%  CARBS 42.62%

## Properties

Glycemic Index:47.75, Glycemic Load:19.1, Inflammation Score:-10, Nutrition Score:34.656956712189%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 22.2mg, Isorhamnetin: 22.2mg, Isorhamnetin: 22.2mg, Isorhamnetin: 22.2mg Kaempferol: 40.09mg, Kaempferol: 40.09mg, Kaempferol: 40.09mg, Kaempferol: 40.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.99mg, Quercetin: 27.99mg, Quercetin: 27.99mg, Quercetin: 27.99mg

## Nutrients (% of daily need)

Calories: 518.82kcal (25.94%), Fat: 23.99g (36.91%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 55.82g (18.61%), Net Carbohydrates: 48.53g (17.65%), Sugar: 6.49g (7.21%), Cholesterol: 45.13mg (15.04%), Sodium: 1086.78mg (47.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.34%), Vitamin K: 337.07µg (321.01%), Vitamin A: 10363.71IU (207.27%), Vitamin C: 156.19mg (189.32%), Selenium: 50.58µg (72.26%), Manganese: 1.27mg (63.29%), Vitamin B1: 0.49mg (32.73%), Calcium: 309.29mg (30.93%), Phosphorus: 306.66mg (30.67%), Vitamin B2: 0.51mg (29.94%), Fiber: 7.29g (29.16%), Vitamin B6: 0.56mg (28.18%), Folate: 99.25µg (24.81%), Vitamin B3: 4.87mg (24.35%), Potassium: 775.56mg (22.16%), Magnesium: 80.43mg (20.11%), Iron: 3.42mg (19.02%), Zinc: 2.74mg (18.3%), Copper: 0.31mg (15.27%), Vitamin E: 2.11mg (14.09%), Vitamin B12: 0.75µg (12.56%), Vitamin B5: 0.91mg (9.07%)