



## Linguine With Sausage and Mushrooms

READY IN



30 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 stalk celery thinly sliced
- 0.5 cup chicken broth dry white low-sodium
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic chopped
- 0.7 cup heavy cream
- 0.5 pound sausage sweet italian
- 4 servings kosher salt
- 12 ounces pasta
- 0.5 pound mushrooms mixed sliced

- 1 tablespoon olive oil extra-virgin
- 1 small onion chopped
- 4 servings pepper freshly ground
- 4 plum tomatoes chopped

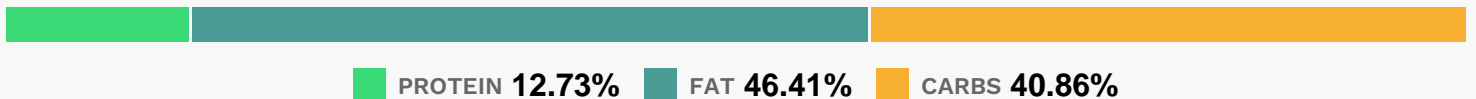
## Equipment

- frying pan
- pot

## Directions

- Bring a pot of salted water to a boil; add the pasta and cook as the label directs. Reserve 1 cup of the cooking water, then drain the pasta. Meanwhile, heat the olive oil in a large skillet over medium-high heat.
- Add the sausage and cook, stirring, until browned, 3 minutes. Increase the heat to high; add the onion, celery and mushrooms and cook, stirring, until tender, 4 minutes.
- Add the garlic and cook 1 minute. Reduce the heat to medium high; add the tomatoes and wine and cook, stirring occasionally, until the liquid is reduced by half, about 5 minutes.
- Add the cream and cook until slightly thickened, about 4 minutes. Stir in the parsley and reduce the heat to low.
- Add the pasta to the skillet and cook, tossing, until it absorbs some of the sauce, 2 to 3 minutes. (
- Add some of the reserved pasta cooking water to loosen, if needed.) Season with salt and pepper.
- Photograph by Christopher Testani

## Nutrition Facts



## Properties

Glycemic Index:73.25, Glycemic Load:27.63, Inflammation Score:-8, Nutrition Score:25.805652100107%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

## **Nutrients (% of daily need)**

Calories: 724.64kcal (36.23%), Fat: 37.52g (57.72%), Saturated Fat: 16.32g (102%), Carbohydrates: 74.3g (24.77%), Net Carbohydrates: 68.8g (25.02%), Sugar: 7.36g (8.18%), Cholesterol: 87.91mg (29.3%), Sodium: 651.85mg (28.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Selenium: 72.58µg (103.69%), Vitamin K: 60.75µg (57.86%), Manganese: 1.09mg (54.51%), Phosphorus: 363.16mg (36.32%), Vitamin B3: 6.39mg (31.94%), Vitamin B1: 0.45mg (30.25%), Vitamin B6: 0.57mg (28.67%), Vitamin A: 1398.21IU (27.96%), Potassium: 791.05mg (22.6%), Copper: 0.45mg (22.42%), Vitamin B2: 0.38mg (22.34%), Fiber: 5.5g (21.99%), Zinc: 3.12mg (20.81%), Magnesium: 79.15mg (19.79%), Vitamin C: 15.93mg (19.31%), Vitamin B5: 1.73mg (17.31%), Iron: 2.58mg (14.31%), Folate: 49.65µg (12.41%), Vitamin B12: 0.61µg (10.15%), Vitamin E: 1.35mg (9.02%), Calcium: 78.24mg (7.82%), Vitamin D: 0.86µg (5.74%)