



Marinara Sauce with Sausage and Ricotta

READY IN



45 min.

SERVINGS



4

CALORIES



1057 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 pound sausage sweet italian hot
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 16 ounces orecchiette
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 cup ricotta crumbled

☐ 1 teaspoon sugar

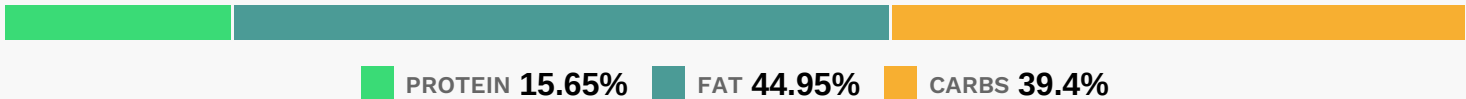
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Heat the 1 tablespoon of the oil in a large saucepan over medium heat.
- ☐ Add the garlic and cook until golden but not browned, about 1 minute.
- ☐ Add the tomatoes and their juices, red pepper, oregano, salt, and sugar. Bring to a boil. Reduce heat to medium-low and simmer (crushing the tomatoes with the back of a wooden spoon if using whole tomatoes) until the sauce thickens slightly, about 20 minutes. While the sauce simmers, heat the remaining oil in a large skillet over medium heat. Cook the sausage, until no trace of pink remains.
- ☐ Add the sausage to the sauce.
- ☐ Remove from heat. Cook the orecchiette according to the package directions.
- ☐ Drain and divide among individual plates. Top each with sauce and ricotta.

Nutrition Facts



Properties

Glycemic Index:60.02, Glycemic Load:39.81, Inflammation Score:-9, Nutrition Score:33.842608869076%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1056.99kcal (52.85%), Fat: 52.91g (81.4%), Saturated Fat: 19.3g (120.62%), Carbohydrates: 104.33g (34.78%), Net Carbohydrates: 96.51g (35.09%), Sugar: 12.99g (14.44%), Cholesterol: 117.8mg (39.27%), Sodium: 1734.04mg (75.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.91%), Selenium: 110.46µg (157.81%), Manganese: 1.56mg (78.19%), Vitamin B1: 0.91mg (60.71%), Phosphorus: 542.89mg (54.29%), Vitamin B6: 0.87mg (43.66%), Vitamin B3: 8.17mg (40.87%), Copper: 0.81mg (40.51%), Potassium: 1210.45mg (34.58%), Iron: 6.02mg (33.45%), Zinc: 4.95mg (32.97%), Magnesium: 125.46mg (31.37%), Fiber: 7.82g (31.3%), Vitamin B2: 0.49mg (28.9%), Vitamin C: 21.48mg (26.04%), Calcium: 258.3mg (25.83%), Vitamin E: 3.87mg (25.79%), Vitamin B12: 1.24µg (20.71%), Vitamin K: 20.37µg (19.4%), Vitamin B5: 1.78mg (17.77%), Folate: 64.62µg (16.16%), Vitamin A: 752.65IU (15.05%)