



Meaty Penne

READY IN



90 min.

SERVINGS



6

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups baby arugula
- 0.5 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes crushed canned
- 0.7 cup carrots finely chopped
- 0.7 cup celery stalk finely chopped
- 1 pound chorizo sausage fresh
- 0.5 cup basil fresh coarsely chopped
- 2 cloves garlic finely chopped
- 6 servings kosher salt

- 0.3 cup olive oil extra-virgin
- 1.3 cups onion finely chopped
- 1 cup parmesan finely grated
- 1 pound penne rigate pasta
- 3 ounce genoa salami diced

Equipment

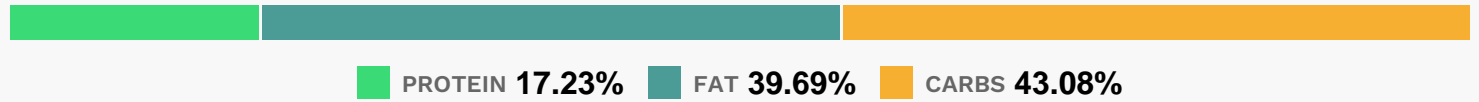
- frying pan
- paper towels
- pot
- wooden spoon

Directions

- In a large nonstick skillet, cook the chorizo over medium-high heat until cooked through, breaking up the chorizo into 1/3- to 1/2-inch pieces with a wooden spoon, 12 to 14 minutes.
- Drain on paper towels and cool.
- Heat the oil in the same skillet over medium heat.
- Add the garlic, carrots, celery and onions. Cook until the vegetables are tender but not at all brown, stirring often, 8 to 10 minutes.
- Add the salami and tomatoes. Bring the sauce to a simmer. Cover, reduce the heat to low and cook gently until the flavors blend, stirring occasionally, 15 to 20 minutes. Season with the 1/4 teaspoon salt and the pepper.
- Remove the skillet from the heat and add the arugula and basil. Stir until wilted.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain and reserve about 1 cup of the pasta water.
- Place the pasta into a serving dish.
- Add the chorizo sauce to the pasta. Toss to combine, adding the reserved pasta water, if needed, to loosen the sauce.

Top with the Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:67.47, Glycemic Load:26.98, Inflammation Score:-10, Nutrition Score:27.052174342715%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 672.48kcal (33.62%), Fat: 29.66g (45.64%), Saturated Fat: 12.05g (75.33%), Carbohydrates: 72.46g (24.15%), Net Carbohydrates: 66.16g (24.06%), Sugar: 10.4g (11.55%), Cholesterol: 75.87mg (25.29%), Sodium: 983.9mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.96%), Selenium: 56.33µg (80.47%), Vitamin A: 3526.83IU (70.54%), Manganese: 1.11mg (55.58%), Vitamin C: 31.46mg (38.13%), Phosphorus: 357.93mg (35.79%), Vitamin K: 35.76µg (34.06%), Calcium: 311.75mg (31.18%), Copper: 0.53mg (26.57%), Fiber: 6.31g (25.22%), Vitamin B6: 0.49mg (24.45%), Iron: 4.25mg (23.63%), Potassium: 791.49mg (22.61%), Vitamin B1: 0.34mg (22.61%), Magnesium: 88.99mg (22.25%), Vitamin E: 3.25mg (21.7%), Vitamin B3: 4.01mg (20.04%), Zinc: 2.65mg (17.68%), Vitamin B2: 0.25mg (14.71%), Folate: 54.83µg (13.71%), Vitamin B5: 1.08mg (10.76%), Vitamin B12: 0.6µg (9.95%)