



Orecchiette with Chicken Sausage and Spinach

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups baby spinach leaves packed rinsed
- 3 tablespoons butter
- 8 ounces chicken sausages crumbled (see notes)
- 0.3 teaspoon chili flakes hot
- 2 large cloves garlic minced peeled
- 8 oz onion peeled chopped
- 12 ounces orecchiette pasta dried
- 4 ounces pecorino crumbled thinly sliced (see notes)

1 pound tomatoes cored ripe rinsed chopped

Equipment

bowl

frying pan

wooden spoon

Directions

In a 5- to 6-quart pan over high heat, bring 4 quarts water to a boil.

Add pasta and cook, stirring occasionally, until tender to bite, 12 to 15 minutes.

Drain.

Meanwhile, in a 12-inch frying pan or a 4- to 5-quart pan over medium-high heat, melt butter.

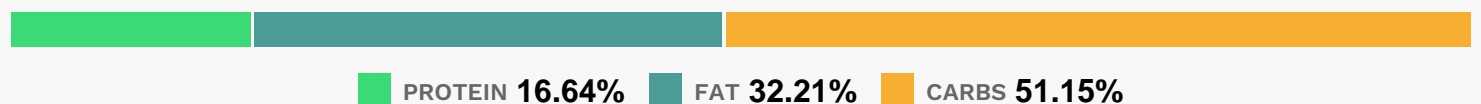
Add onion and stir often until lightly browned around the edges, 8 to 10 minutes.

Lower heat to medium and add garlic, chili flakes, and crumbled chicken sausages. Stir with a wooden spoon, breaking up sausage if necessary, until meat is beginning to brown, 5 to 10 minutes; if garlic begins to scorch, lower heat.

Add tomatoes and spinach; stir until spinach is wilted, about 2 minutes.

In a large bowl, mix pasta and sauce to coat; top with ricotta salata.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:18.89, Inflammation Score:-9, Nutrition Score:17.656521734984%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 402.93kcal (20.15%), Fat: 14.58g (22.43%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 48.34g (17.58%), Sugar: 5.69g (6.33%), Cholesterol: 51.38mg (17.13%), Sodium: 469.65mg (20.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin K: 79.43µg (75.65%), Selenium: 39.14µg (55.92%), Vitamin A: 2454.31IU (49.09%), Manganese: 0.81mg (40.43%), Vitamin C: 18.21mg (22.07%), Phosphorus: 176.94mg (17.69%), Folate: 60.36µg (15.09%), Fiber: 3.74g (14.98%), Magnesium: 56.59mg (14.15%), Potassium: 471.65mg (13.48%), Copper: 0.25mg (12.52%), Vitamin B6: 0.24mg (11.9%), Iron: 1.85mg (10.29%), Zinc: 1.31mg (8.75%), Calcium: 85.9mg (8.59%), Vitamin B3: 1.6mg (8.02%), Vitamin B1: 0.11mg (7.54%), Vitamin B2: 0.13mg (7.53%), Vitamin E: 1mg (6.66%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.08µg (1.27%)