



Orechiette with Sausage, Beans, and Mascarpone

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 0.5 cup mascarpone cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 1 pound orechiette pasta
- ☐ 1 teaspoon salt

☐ 0.5 pound turkey sausage

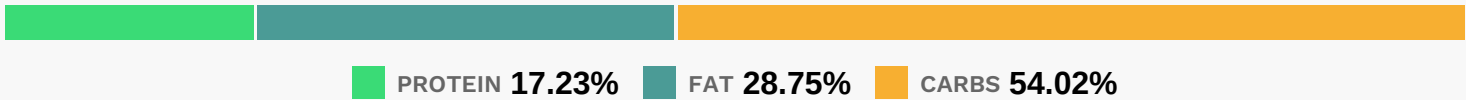
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ 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, about 8 to 10 minutes.
- ☐ Drain pasta reserving 1 cup of the cooking liquid.
- ☐ In a large, heavy skillet warm the olive oil over medium-high heat.
- ☐ Add the sausage and onions. Using a wooden spoon break up the sausage into bite-sized pieces as it browns.
- ☐ Continue cooking until the sausage is golden and the onions are tender.
- ☐ Add the beans and oregano cook for 2 more minutes.
- ☐ Add the cup of pasta cooking liquid and stir, scrapping up any brown bits from the bottom of the pan.
- ☐ Add the mascarpone cheese and stir until it dissolved into a light sauce.
- ☐ Add the salt, pepper, and hot pasta. Stir until coated and serve.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:26.58, Inflammation Score:-9, Nutrition Score:18.592608845752%

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 Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 554.99kcal (27.75%), Fat: 17.59g (27.07%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 74.37g (24.79%), Net Carbohydrates: 67.6g (24.58%), Sugar: 2.79g (3.1%), Cholesterol: 47.1mg (15.7%), Sodium: 631.13mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.43%), Selenium: 49.05µg (70.08%), Manganese: 1.19mg (59.33%), Phosphorus: 280.39mg (28.04%), Fiber: 6.77g (27.08%), Iron: 4.23mg (23.49%), Magnesium: 89.36mg (22.34%), Copper: 0.43mg (21.65%), Zinc: 3.08mg (20.56%), Potassium: 629.76mg (17.99%), Vitamin B6: 0.36mg (17.77%), Folate: 67.76µg (16.94%), Vitamin B3: 3.2mg (15.98%), Vitamin K: 15.62µg (14.88%), Calcium: 131.37mg (13.14%), Vitamin B1: 0.17mg (11.58%), Vitamin E: 1.67mg (11.15%), Vitamin B2: 0.17mg (10.13%), Vitamin B5: 0.87mg (8.75%), Vitamin B12: 0.49µg (8.19%), Vitamin A: 320.34IU (6.41%), Vitamin C: 1.77mg (2.15%)