



Pasta with Arugula and Caramelized Onions

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb arugula
- 0.8 cup chicken broth
- 4 oz athenos feta cheese crumbled traditional
- 0.5 lb sausage italian hot crumbled
- 9 oz pasta refrigerated uncooked
- 3 large onions thinly sliced

Equipment

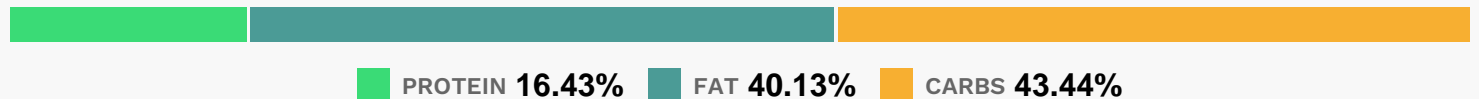
- bowl

frying pan

Directions

- Remove casings from sausage, if necessary; crumble sausage into large skillet sprayed with cooking spray.
- Add onions; cook 15 min. or until sausage is done, stirring frequently. Meanwhile, cook pasta as directed on package, omitting salt.
- Add arugula and broth to sausage mixture; cook 5 min. or until arugula is wilted and tender, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sausage mixture and cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:2.97, Inflammation Score:-3, Nutrition Score:3.4134782646661%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 75.97kcal (3.8%), Fat: 3.39g (5.21%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.6g (2.76%), Sugar: 1.04g (1.16%), Cholesterol: 9.23mg (3.08%), Sodium: 123.3mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Selenium: 7.94µg (11.34%), Vitamin K: 8.38µg (7.98%), Manganese: 0.13mg (6.49%), Phosphorus: 48.06mg (4.81%), Vitamin B1: 0.07mg (4.53%), Vitamin A: 195.76IU (3.92%), Calcium: 37.56mg (3.76%), Vitamin B2: 0.06mg (3.75%), Vitamin B6: 0.07mg (3.72%), Folate: 13.53µg (3.38%), Vitamin C: 2.4mg (2.9%), Zinc: 0.43mg (2.86%), Magnesium: 11.4mg (2.85%), Potassium: 91.29mg (2.61%), Fiber: 0.65g (2.59%), Vitamin B3: 0.48mg (2.41%), Vitamin B12: 0.13µg (2.23%), Copper: 0.04mg (2.22%), Iron: 0.37mg (2.06%), Vitamin B5: 0.16mg (1.64%)