



Pasta with Peas and Italian Sausage

READY IN



45 min.

SERVINGS



4

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 kilo canned tomatoes
- 1 box farfalle pasta
- 4 servings sausage sweet italian cut in 1-1 ½ inch chunks
- 1 tablespoon olive oil
- 1 cup peas frozen
- 4 servings salt and pepper
- 26 oz tomato sauce

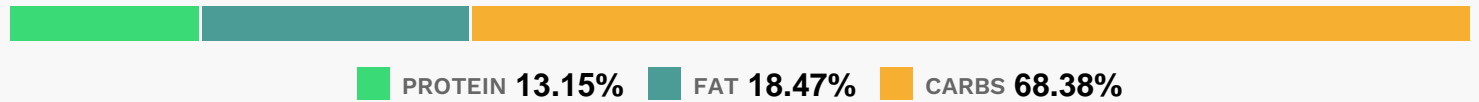
Equipment

frying pan

Directions

- Cook the pasta following the package directions. Meanwhile in a very large skillet over medium heat add the olive oil and add the sausages. Saut` the sausage meat until slightly brown all over, add the frozen peas and the tomatoes. Season to taste with salt and pepper. Lower the heat to medium and cook for another 10 to 15 minutes.
- Drain the pasta and return it to the pan, add the butter and the tomatoes with sausage.
- Mix well and server hot.

Nutrition Facts



Properties

Glycemic Index:61.83, Glycemic Load:38.34, Inflammation Score:-8, Nutrition Score:24.131304347826%

Taste

Sweetness: 91.28%, Saltiness: 25.36%, Sourness: 48.45%, Bitterness: 49.53%, Savoriness: 100%, Fattiness: 74.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 575.63kcal (28.78%), Fat: 11.89g (18.29%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 99.04g (33.01%), Net Carbohydrates: 90.6g (32.95%), Sugar: 11.63g (12.93%), Cholesterol: 15.81mg (5.27%), Sodium: 1128.52mg (49.07%), Protein: 19.05g (38.1%), Selenium: 73.18µg (104.54%), Manganese: 1.38mg (68.95%), Fiber: 8.44g (33.74%), Vitamin C: 27.44mg (33.26%), Phosphorus: 304.71mg (30.47%), Copper: 0.6mg (30.11%), Potassium: 891.63mg (25.48%), Vitamin A: 1250.68IU (25.01%), Magnesium: 99.56mg (24.89%), Vitamin E: 3.49mg (23.29%), Vitamin B3: 4.53mg (22.67%), Iron: 3.8mg (21.12%), Vitamin B6: 0.41mg (20.26%), Vitamin B1: 0.25mg (16.54%), Zinc: 2.47mg (16.44%), Vitamin K: 16.87µg (16.07%), Folate: 60.72µg (15.18%), Vitamin B2: 0.24mg (14.08%), Vitamin B5: 1.11mg (11.05%), Calcium: 60.59mg (6.06%)