



Pasta with Sausage and Red Grapes

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup parsley fresh chopped (or)
- ☐ 2 cloves garlic chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 10 ounces orecchiette whole-wheat such as farfalle or penne)
- ☐ 2 tablespoon parmesan grated
- ☐ 2 cups grapes red seedless
- ☐ 1 small onion red halved thinly sliced
- ☐ 0.3 teaspoon pepper red to taste ()

- ☐ 1 tablespoon salt divided (preferably kosher)
- ☐ 6 ounces ground sausage italian cut into 1-inch chunks

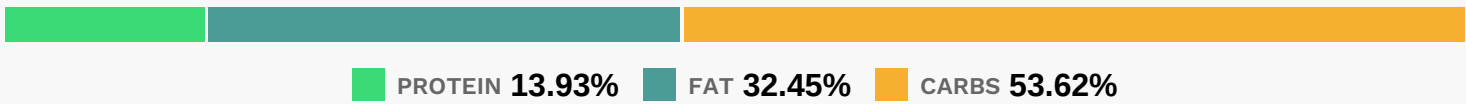
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Set a large pot of water to boil. In a large skillet, cook sausage over medium heat, stirring and breaking up, until well browned, about 15 minutes.
- ☐ Transfer sausage to a paper towel.
- ☐ Add oil to skillet; return to medium heat. Cook onion and garlic with 1/4 teaspoon salt, stirring occasionally, until soft and golden, 2 to 3 minutes.
- ☐ Add grapes, broth and pepper flakes; increase heat to medium-high and cook, stirring occasionally, until grapes soften or burst and liquid thickens, about 10 minutes. Return sausage to skillet and stir; turn off heat. When water boils, add remaining 1 tablespoon salt and pasta; cook as directed on package.
- ☐ Drain pasta, add to skillet, and turn on heat to high. Cook, stirring, until sausage is hot and pasta is coated with sauce, 30 to 60 seconds. Divide pasta among 4 bowls; sprinkle each with Parmesan and parsley before serving.
- ☐ Per serving: 520 calories, 19 grams fat, 5 grams saturated, 71 grams carbohydrates, 9 grams fiber, 19 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:28.09, Inflammation Score:-6, Nutrition Score:18.980869586701%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 527.29kcal (26.36%), Fat: 19.1g (29.38%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 67.4g (24.51%), Sugar: 14.91g (16.57%), Cholesterol: 34.02mg (11.34%), Sodium: 2124.05mg (92.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Selenium: 56.36µg (80.52%), Vitamin K: 75.01µg (71.44%), Manganese: 0.8mg (40.09%), Phosphorus: 257.31mg (25.73%), Vitamin B1: 0.38mg (25.17%), Copper: 0.39mg (19.45%), Vitamin B3: 3.65mg (18.25%), Vitamin B6: 0.36mg (17.95%), Potassium: 532.65mg (15.22%), Fiber: 3.61g (14.45%), Magnesium: 55.72mg (13.93%), Zinc: 2.06mg (13.7%), Vitamin C: 10.76mg (13.04%), Iron: 2.21mg (12.28%), Vitamin B2: 0.21mg (12.16%), Vitamin A: 423IU (8.46%), Vitamin B12: 0.48µg (7.93%), Calcium: 77.79mg (7.78%), Folate: 28.85µg (7.21%), Vitamin B5: 0.63mg (6.3%), Vitamin E: 0.81mg (5.42%)