



Pasta with Turkey Sausage and Smoked Mozzarella

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce tomatoes whole peeled canned
- ☐ 1 clove garlic minced
- ☐ 1 pound turkey sausage italian cut into 1/2-inch slices*
- ☐ 3 ounces mozzarella cheese smoked cut into 1/4-inch cubes
- ☐ 2 Tbsp olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 pinch pepper flakes red
- ☐ 0.8 pound rotini pasta (corkscrew pasta)

- ☐ 4 servings salt
- ☐ 1 medium onion yellow chopped

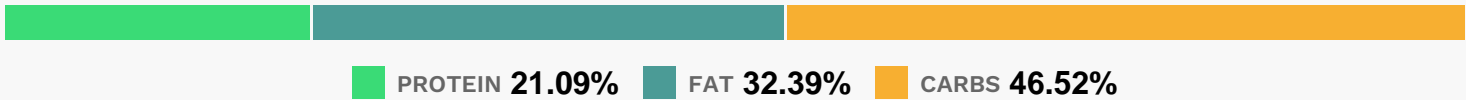
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large skillet on medium heat.
- ☐ Add the onions and cook until translucent, about 5 minutes.
- ☐ Add the garlic and cook a minute more.²
- ☐ Add the tomatoes to the pan, shredding them with your fingers as you add them to the pan. Include the juices.
- ☐ Add the sausage and red pepper flakes. Cover and cook on medium high for 20 minutes, until the sauce is thickened.³ While the sauce is cooking, cook the pasta. Bring a large pot of water to a boil, add a teaspoon and a half of salt for every quart of water. Cook the pasta according to pasta package instructions, until al dente, or cooked through, but still a bit firm.
- ☐ Drain the water from the pasta.
- ☐ Combine the pasta and the sauce in a large serving bowl.⁴ Stir in the cubed smoked mozzarella cheese. Continue to stir until the cheese has softened and is a bit melty.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:26.29, Inflammation Score:-8, Nutrition Score:31.313043563262%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg 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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 692.6kcal (34.63%), Fat: 25g (38.46%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 80.79g (26.93%), Net Carbohydrates: 74.57g (27.12%), Sugar: 12.02g (13.36%), Cholesterol: 82.34mg (27.45%), Sodium: 1779.47mg (77.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Selenium: 85.18µg (121.68%), Iron: 14.15mg (78.63%), Vitamin C: 55.2mg (66.91%), Manganese: 1.07mg (53.41%), Phosphorus: 532.32mg (53.23%), Vitamin B6: 0.83mg (41.44%), Vitamin B3: 7.09mg (35.47%), Zinc: 4.84mg (32.27%), Calcium: 273.77mg (27.38%), Copper: 0.53mg (26.34%), Vitamin B2: 0.45mg (26.27%), Magnesium: 104.67mg (26.17%), Fiber: 6.22g (24.87%), Potassium: 857.55mg (24.5%), Vitamin B1: 0.27mg (17.91%), Vitamin B12: 1.06µg (17.61%), Vitamin E: 2.54mg (16.93%), Vitamin B5: 1.59mg (15.93%), Vitamin A: 601.3IU (12.03%), Folate: 47.37µg (11.84%), Vitamin K: 10.8µg (10.28%)