



Penne with Sausage, Wild Mushrooms and Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound penne rigate cooked
- 0.5 teaspoon pepper dried red crushed
- 0.8 pound turkey sausage fully cooked sliced into rounds
- 3 tablespoons olive oil
- 1.3 cups chicken broth canned
- 0.8 cup shallots chopped
- 8 ounces mozzarella cheese grated
- 10 ounce pkt spinach

- 5 garlic clove minced
- 0.8 pound mushrooms wild fresh stemmed sliced (such as crimini or shiitake)

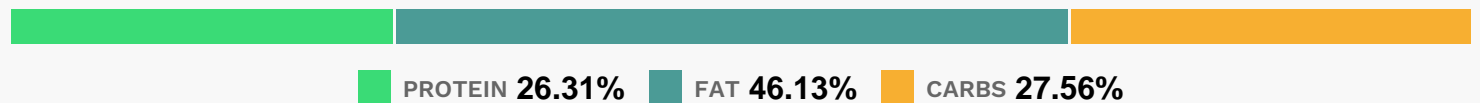
Equipment

- pot

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add sausages, mushrooms, shallots, garlic and crushed red pepper. Sauté until mushrooms begin to brown, about 10 minutes.
- Add spinach and broth; toss until spinach wilts, about 2 minutes.
- Add pasta and cheese; toss until cheese melts and sauce coats pasta, about 3 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:15.42, Inflammation Score:-10, Nutrition Score:40.524347906527%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 614.16kcal (30.71%), Fat: 31.94g (49.14%), Saturated Fat: 10.96g (68.51%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 37.41g (13.6%), Sugar: 6.68g (7.43%), Cholesterol: 108.58mg (36.19%), Sodium: 953.33mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.99g (81.99%), Vitamin K: 350.63µg (333.93%), Vitamin A: 7169.15IU (143.38%), Selenium: 41.83µg (59.75%), Manganese: 1.18mg (59.05%), Phosphorus: 563.68mg (56.37%), Vitamin B2: 0.89mg (52.34%), Folate: 181.39µg (45.35%), Vitamin B3: 9.05mg (45.25%), Vitamin B6: 0.87mg (43.4%), Vitamin B12: 2.51µg (41.77%), Calcium: 408.24mg (40.82%), Zinc: 5.82mg (38.77%), Vitamin C: 28.38mg (34.4%), Potassium: 1200.88mg (34.31%), Copper: 0.62mg (30.87%), Iron: 5.53mg (30.73%), Magnesium: 117.82mg (29.45%), Vitamin B5: 2.52mg (25.15%), Vitamin E: 3.34mg (22.3%), Fiber: 5.53g (22.1%), Vitamin B1:

0.26mg (17.23%), Vitamin D: 0.4µg (2.65%)