



Penne with Spinach and Sausage

READY IN



23 min.

SERVINGS



8

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces baby spinach
- ☐ 29 oz tomatoes diced with juice canned
- ☐ 1 teaspoon basil dried
- ☐ 1 clove garlic minced
- ☐ 1 pound ground sausage sweet italian hot
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan grated plus more for serving
- ☐ 1 pound penne pasta
- ☐ 8 servings salt and pepper

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1 cup mozzarella cheese shredded

Equipment

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frying pan

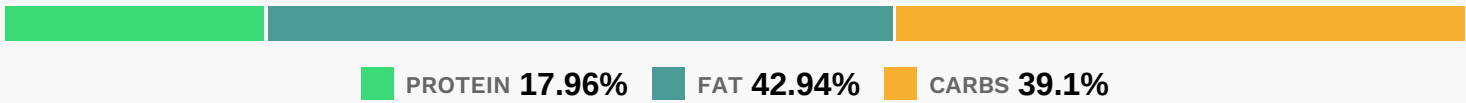
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pot

Directions

- ☐
- Bring a large pot of salted water to a boil. Cook penne until al dente, about 11 minutes.
- ☐
- Drain.
- ☐
- In a large skillet over medium-high heat, cook sausage until no longer pink, stirring to break up chunks, about 6 minutes.
- ☐
- Add garlic and cook 30 seconds, stirring. Stir in tomatoes with juice, basil and oregano. Bring mixture to a boil, then reduce heat to medium and simmer until slightly thickened, about 5 minutes, stirring twice.
- ☐
- Add pasta to skillet, stirring to combine.
- ☐
- Add spinach. Cook until just wilted, stirring once or twice. Taste and season with salt and pepper.
- ☐
- Remove skillet from heat and sprinkle cheeses over pasta. Toss once and serve, passing additional Parmesan on the side.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:17.38, Inflammation Score:-9, Nutrition Score:23.858260945134%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 496.09kcal (24.8%), Fat: 23.58g (36.28%), Saturated Fat: 9.45g (59.07%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 44.93g (16.34%), Sugar: 4.24g (4.72%), Cholesterol: 58.4mg (19.47%), Sodium: 960.74mg (41.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.39%), Vitamin K: 92.75µg (88.33%), Selenium: 54.03µg (77.19%), Manganese: 0.83mg (41.39%), Vitamin A: 1930.37IU (38.61%), Phosphorus: 310.1mg (31.01%), Vitamin B1: 0.44mg (29.41%), Calcium: 223.8mg (22.38%), Vitamin B6: 0.42mg (20.95%), Vitamin C: 15.79mg (19.14%), Vitamin B3: 3.72mg (18.59%), Iron: 3.21mg (17.82%), Zinc: 2.65mg (17.69%), Magnesium: 70.5mg (17.63%), Potassium: 586.33mg (16.75%), Vitamin B2: 0.28mg (16.64%), Copper: 0.31mg (15.61%), Vitamin B12: 0.91µg (15.17%), Folate: 59.75µg (14.94%), Fiber: 3.39g (13.57%), Vitamin E: 1.22mg (8.14%), Vitamin B5: 0.72mg (7.2%)