






# Rigatoni With Sweet Sausages In Creamy Tomato Sauce

READY IN  
  
45 min.

SERVINGS  
  
4

CALORIES  
  
922 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

## Ingredients

- 4 sausage sweet
- 1 leek rinsed sliced well
- 1 tablespoon sage fresh finely chopped
- 2 garlic clove finely chopped
- 0.5 medium onion finely chopped
- 28 oz canned tomatoes crushed canned
- 1 pound rigatoni
- 1 cup milk 2%

- 0.5 teaspoon thyme dried
- 0.3 teaspoon ground pepper
- 1 tablespoon butter
- 3 tablespoons olive oil extra virgin
- 2 teaspoons sugar
- 4 servings salt and pepper

## Equipment

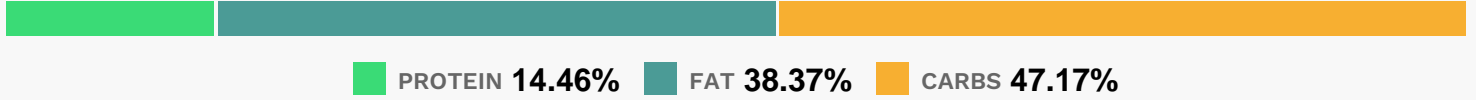
- bowl
- frying pan
- pot

## Directions

- Bring a large pot of salted water to boil.
- Chop the onions, garlic, and set aside. Chop the leek (cut in 1/2 lengthwise first & make sure to rinse very well!!) and set aside (separate from the onions & garlic). Chop the sage & set aside separately as well.
- To easily remove the casings, lightly slice each sausage lengthwise. Peel off with your fingers. In a large pan over medium/high heat, cook the sausages until they are a nice golden brown. While cooking, break apart the mixture until it looks like ground meat.
- Take the meat out of the pan and save it in a bowl.
- Add 2 tbsp olive oil and add the sage to the pan. Cook for a minute, add the leeks & cayenne pepper. Cook for 2 to 3 minutes and put the meat back in the pan. When the leek is cooked, turn off the heat and keep in the mixture in the pan.
- In a medium size pot over medium/ high heat, add 1 tbsp olive oil, thyme, garlic & onions. Cook for 3-4 minutes, until onions are translucent.
- Add crushed tomatoes, lower the heat and simmer for about 20 minutes (with a loose lid, otherwise the sauce will splatter all over your kitchen walls!)
- Add sugar and about 1 tsp kosher salt (1/2 tsp for regular salt), stir and cook for another 2 minutes. Puree the tomatoes until smooth.

- Add milk and butter, and stir. Keep the heat on very low or turn off until you are ready to serve.
- When rigatoni is cooked, add to the hot pan with the sausage mixture. Stir well, add a little olive oil if it looks dry. Plate and add tomato sauce to the pasta.
- Serve this way or with parmesan.

## Nutrition Facts



## Properties

Glycemic Index:87.27, Glycemic Load:40.82, Inflammation Score:-8, Nutrition Score:36.00652173913%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Taste

Sweetness: 61.49%, Saltiness: 100%, Sourness: 71.84%, Bitterness: 30.62%, Savoriness: 75.06%, Fattiness: 78.79%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 921.96kcal (46.1%), Fat: 39.53g (60.81%), Saturated Fat: 11.93g (74.53%), Carbohydrates: 109.31g (36.44%), Net Carbohydrates: 101.06g (36.75%), Sugar: 18.22g (20.25%), Cholesterol: 73.44mg (24.48%), Sodium: 1059.04mg (46.05%), Protein: 33.51g (67.03%), Copper: 5.34mg (266.79%), Selenium: 74.9µg (107%), Manganese: 1.73mg (86.38%), Phosphorus: 462.94mg (46.29%), Vitamin B3: 8.54mg (42.69%), Vitamin B6: 0.83mg (41.6%), Vitamin B1: 0.54mg (35.73%), Potassium: 1204.82mg (34.42%), Fiber: 8.25g (33.01%), Iron: 5.93mg (32.92%), Magnesium: 129.25mg (32.31%), Vitamin E: 4.63mg (30.89%), Zinc: 4.37mg (29.15%), Vitamin K: 30.44µg (28.99%), Vitamin C: 23.28mg (28.22%), Vitamin B2: 0.4mg (23.6%), Vitamin A: 1066.14IU (21.32%), Calcium: 202.21mg (20.22%), Vitamin B5: 1.88mg (18.82%), Vitamin B12: 1.04µg (17.35%), Folate: 67.49µg (16.87%), Vitamin D: 1.11µg (7.37%)