



Sardinian Spaghetti

READY IN



70 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bay leaves
- 56 ounce tomatoes whole with 1/2 cup juice reserved peeled halved seeded drained canned
- 1.5 pounds fennel sausage sweet italian cut into 1-inch pieces
- 0.5 teaspoon fennel seeds
- 1.5 cups basil leaves fresh
- 0.3 cup parsley fresh chopped
- 2 cloves garlic sliced
- 6 servings kosher salt
- 0.3 cup olive oil extra-virgin

- 1 cup pecorino cheese shredded
- 0.3 teaspoon pepper flakes red
- 0.5 teaspoon saffron threads
- 0.8 pound pasta like spaghetti

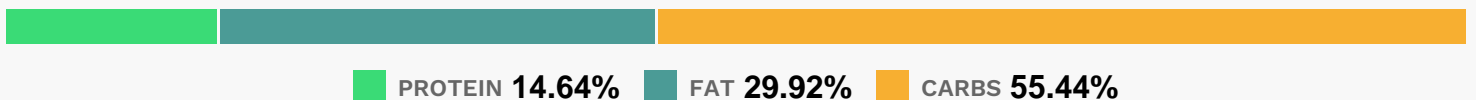
Equipment

- frying pan
- pot

Directions

- Heat the oil in a large heavy skillet over medium heat.
- Add the sausage and cook, stirring occasionally, until brown, about 7 minutes. Push to one side of the skillet and increase the heat to high.
- Add the tomatoes, stirring to break them up a bit, and cook until the edges brown and the oil turns red, about 6 minutes. Stir the sausage and tomatoes together.
- Add the garlic, bay leaves, fennel seeds and red pepper flakes to the skillet, then scatter the saffron over the mixture. Cook, stirring, about 2 minutes.
- Add the parsley, 1 cup basil and 1 teaspoon salt. Reduce the heat to medium and cook, stirring occasionally, about 15 minutes.
- Remove and discard the bay leaves.
- Meanwhile, cook the spaghetti in a large pot of salted boiling water until al dente.
- Drain, reserving 1/2 cup pasta water.
- Add the spaghetti, cooking liquid and reserved tomato juice to the sausage sauce and toss, about 3 minutes. Top with the pecorino and the remaining 1/2 cup basil.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:19.49, Inflammation Score:-8, Nutrition Score:27.47086959559%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 439.26kcal (21.96%), Fat: 15.02g (23.11%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 62.61g (20.87%), Net Carbohydrates: 54.33g (19.76%), Sugar: 12.44g (13.83%), Cholesterol: 17.33mg (5.78%), Sodium: 838.05mg (36.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Vitamin K: 150.73µg (143.56%), Selenium: 39.49µg (56.41%), Manganese: 1.05mg (52.55%), Vitamin C: 42.99mg (52.11%), Phosphorus: 348.26mg (34.83%), Calcium: 345.48mg (34.55%), Fiber: 8.28g (33.12%), Potassium: 1148.14mg (32.8%), Vitamin E: 3.95mg (26.35%), Iron: 4.73mg (26.3%), Vitamin B6: 0.47mg (23.44%), Copper: 0.46mg (22.95%), Magnesium: 91.44mg (22.86%), Vitamin A: 1084.93IU (21.7%), Vitamin B3: 3.7mg (18.5%), Folate: 71.16µg (17.79%), Vitamin B2: 0.29mg (16.89%), Vitamin B1: 0.19mg (12.98%), Zinc: 1.93mg (12.83%), Vitamin B5: 0.92mg (9.2%), Vitamin B12: 0.19µg (3.11%)