



Sausage Linguine with Ginger Pumpkin Sauce

READY IN



20 min.

SERVINGS



8

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bulk sausage sweet italian with casings removed
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 1 onion diced
- ☐ 12 ounce linguine pasta
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

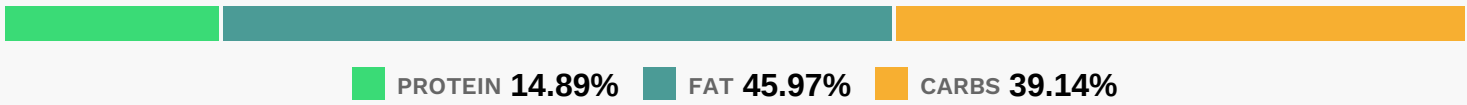
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly-salted water to a boil.
- ☐ Add pasta and cook until al dente, 8 to 10 minutes; drain well.
- ☐ Combine the sausage, onion, and garlic in a saucepan over medium heat; cook until sausage is completely browned and onion is translucent, 5 to 7 minutes.
- ☐ Stir together the pumpkin puree, cream, ginger, salt, and pepper in a saucepan over medium-low heat; add the sausage mixture and stir. Simmer until heated through, about 3 minutes. Toss with drained pasta to serve.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:13.2, Inflammation Score:-10, Nutrition Score:16.796521784171%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 391.98kcal (19.6%), Fat: 19.94g (30.68%), Saturated Fat: 7.46g (46.64%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 34.98g (12.72%), Sugar: 3.6g (3.99%), Cholesterol: 47.33mg (15.78%), Sodium: 712.08mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Vitamin A: 8328.76IU (166.58%), Selenium: 41.53µg (59.33%), Manganese: 0.63mg (31.3%), Vitamin B1: 0.38mg (25.41%), Phosphorus: 186.84mg (18.68%), Vitamin B6: 0.28mg (14.23%), Vitamin B3: 2.81mg (14.04%), Fiber: 3.21g (12.84%), Copper: 0.24mg (11.76%), Zinc: 1.75mg (11.69%), Iron: 2.06mg (11.47%), Magnesium: 45.19mg (11.3%), Potassium: 377.94mg (10.8%), Vitamin B2: 0.16mg (9.49%), Vitamin B12: 0.52µg (8.7%), Vitamin K: 8.94µg (8.51%), Vitamin B5: 0.72mg (7.17%), Vitamin C: 4.53mg (5.49%), Folate: 21.4µg (5.35%), Vitamin E: 0.65mg (4.33%), Calcium: 40.29mg (4.03%)