



Sausage, mushroom & tomato pasta

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



784 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 454 g sausage cut into chunky pieces
- ☐ 250 g pack chestnut mushroom halved
- ☐ 500 g cherry tomatoes
- ☐ 2 sprigs rosemary roughly chopped
- ☐ 1 handful parsley chopped

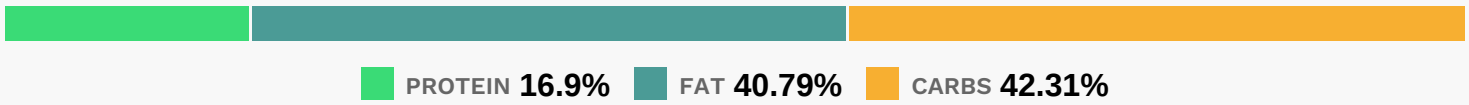
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to pack instructions.
- ☐ Heat the oil in a deep frying pan, then fry the sausages and mushrooms for 5 mins until golden.
- ☐ Add the tomatoes and cook for about another 3 mins on a high heat until the tomatoes pop and start to form a sauce. Season to taste, then add the herbs and drained pasta and stir well.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:30.03, Inflammation Score:-7, Nutrition Score:29.148695551831%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 783.76kcal (39.19%), Fat: 35.34g (54.36%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 82.47g (27.49%), Net Carbohydrates: 77.96g (28.35%), Sugar: 6.87g (7.63%), Cholesterol: 81.72mg (27.24%), Sodium: 745.95mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.9%), Selenium: 80.08µg (114.4%), Manganese: 1.15mg (57.26%), Vitamin B3: 10.09mg (50.46%), Phosphorus: 452.84mg (45.28%), Copper: 0.77mg (38.6%), Vitamin C: 30.66mg (37.16%), Vitamin B1: 0.51mg (33.84%), Vitamin B6: 0.66mg (32.93%), Zinc: 4.75mg (31.65%), Vitamin B2: 0.53mg (31.38%), Potassium: 1063mg (30.37%), Vitamin B5: 2.3mg (22.95%), Magnesium: 86.38mg (21.59%), Iron: 3.74mg (20.76%), Vitamin K: 20.64µg (19.66%), Fiber: 4.5g (18.02%), Vitamin B12: 1.03µg (17.12%), Vitamin E: 2.48mg (16.51%), Vitamin A: 782.18IU (15.64%), Folate: 52.68µg (13.17%), Vitamin D: 1.54µg (10.25%), Calcium: 58.24mg (5.82%)