



## Sausage & Spinach Fettuccine

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 oz baby spinach leaves
- 0.5 lb fettuccine barilla uncooked
- 0.8 lb sausage italian
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded kraft

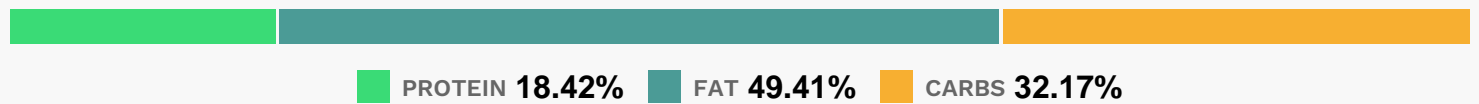
### Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding spinach to the boiling water for the last minute.
- Meanwhile, brown sausage with onions in large nonstick skillet on medium heat.
- Drain; return sausage mixture to skillet. Stir in pasta sauce; cook 10 min. or until heated through, stirring occasionally.
- Drain pasta mixture.
- Serve topped with sauce and cheeses.

## Nutrition Facts



## Properties

Glycemic Index:6.77, Glycemic Load:2.79, Inflammation Score:-5, Nutrition Score:5.6995652149553%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 91.19kcal (4.56%), Fat: 5.05g (7.77%), Saturated Fat: 2g (12.51%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.62g (2.41%), Sugar: 1.17g (1.3%), Cholesterol: 18.64mg (6.21%), Sodium: 234.6mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.47%), Vitamin K: 28.17µg (26.83%), Selenium: 9.91µg (14.15%), Vitamin A: 667.08IU (13.34%), Manganese: 0.15mg (7.64%), Phosphorus: 62.79mg (6.28%), Vitamin B1: 0.09mg (6.01%), Vitamin B6: 0.09mg (4.5%), Vitamin C: 3.68mg (4.46%), Potassium: 155.86mg (4.45%), Folate: 17.15µg (4.29%), Calcium: 40.54mg (4.05%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.07mg (3.87%), Zinc: 0.58mg (3.86%), Magnesium: 15.26mg (3.81%), Iron: 0.68mg (3.76%), Vitamin B12: 0.22µg (3.69%), Copper: 0.07mg (3.36%), Vitamin E: 0.48mg (3.21%), Fiber: 0.78g (3.11%), Vitamin B5: 0.21mg (2.13%)