



## Savoy Sausage Spaghetti

READY IN



30 min.

SERVINGS



2

CALORIES



732 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 butter
- 1 clove garlic fresh
- 2 servings seasoning italian to taste
- 165 grams ground sausage italian
- 1 tablespoon olive oil
- 0.3 cup parmesan
- 2 servings salt and pepper to taste
- 0.5 savoy cabbage sliced thin
- 0.3 cup vegetable stock hot

150 g spaghetti whole wheat

## Equipment

frying pan

pot

## Directions

Boil water and cook spaghetti according to package instructions.

While the pasta is cooking, fry the sliced cabbage in olive oil until wilted and starting to get crispy.

Add olive oil to another pan and fry the garlic until fragrant; be careful not to burn the garlic.

Remove the sausage casings and add the sausage, breaking it into chunks as it fries.

Drain the pasta once it has reached the level of firmness you like. Return the drained pasta to the pot.

Season the drained pasta with Italian herbs and add most of the Parmesan cheese. Put a couple pats of butter on top of the seasoned pasta.

Pour the hot broth over the noodles to start melting the cheese and to create a little sauce. Try to add just enough to melt the cheese and coat the noodles, you don't want too much liquid in the bottom of the pot.

Add the cabbage and sausage and toss. Season with salt and pepper to taste.

Add additional Parmesan if desired.

## Nutrition Facts



PROTEIN 16.75%  FAT 45.16%  CARBS 38.09%

## Properties

Glycemic Index:108.5, Glycemic Load:2.74, Inflammation Score:-10, Nutrition Score:42.305217199999%

## Flavonoids

Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.84mg, Quercetin: 0.84mg,

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## Nutrients (% of daily need)

Calories: 731.6kcal (36.58%), Fat: 38.21g (58.79%), Saturated Fat: 13.07g (81.68%), Carbohydrates: 72.5g (24.17%), Net Carbohydrates: 65.07g (23.66%), Sugar: 5.51g (6.13%), Cholesterol: 73.35mg (24.45%), Sodium: 1190.69mg (51.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Vitamin K: 165.54µg (157.66%), Manganese: 2.82mg (141.1%), Selenium: 80.32µg (114.74%), Vitamin C: 71.89mg (87.14%), Vitamin B1: 1mg (66.79%), Folate: 232.67µg (58.17%), Phosphorus: 495.92mg (49.59%), Vitamin A: 2452.33IU (49.05%), Magnesium: 190.4mg (47.6%), Vitamin B6: 0.88mg (44.13%), Vitamin B3: 7.29mg (36.47%), Fiber: 7.43g (29.73%), Calcium: 290.71mg (29.07%), Iron: 5.13mg (28.52%), Zinc: 4.25mg (28.34%), Copper: 0.56mg (28.05%), Potassium: 917.94mg (26.23%), Vitamin B2: 0.36mg (21.3%), Vitamin B5: 1.66mg (16.55%), Vitamin B12: 0.9µg (15.04%), Vitamin E: 1.63mg (10.83%)