



WHATSheATE



Skillet-Toasted Penne with Chicken Sausage

READY IN



55 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 ounces mild chicken sausage italian
- ☐ 6 cups chicken stock see unsalted (such as Swanson)
- ☐ 1 tablespoon chiles red hot minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 2 tablespoons parmigiano reggiano cheese grated
- ☐ 8 ounces penne pasta uncooked
- ☐ 1 cup sweet onion sweet sliced

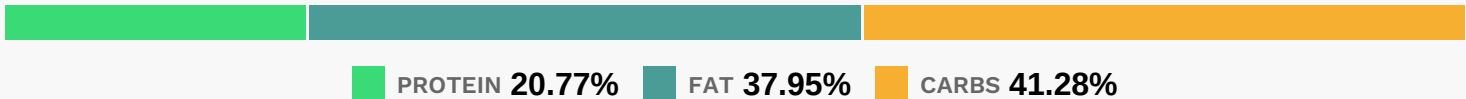
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring stock to a simmer in a saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add pasta; cook 5 minutes or until toasted, stirring frequently.
- ☐ Remove pasta from pan.
- ☐ Add the remaining 1 tablespoon oil, onion, and sausage to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Remove sausage mixture from pan. Reduce heat to medium-low. Return pasta to pan.
- ☐ Add stock, 1 cup at a time, stirring constantly until each portion of stock is nearly absorbed before adding the next (about 35 minutes total), stirring frequently. Stir in sausage mixture, juice, chiles, salt, and cheese.
- ☐ Garnish with oregano, if desired.
- ☐ Skillet-Toasted Penne with Bacon and Spinach: Follow steps 1 and Substitute 4 chopped center-cut bacon slices for the sausage, and 1/2 cup sliced shallots and 8 sliced garlic cloves for the onion. Substitute 1 tablespoon fresh lemon juice and 1/2 teaspoon grated lemon rind for the 2 tablespoons lemon juice. Substitute 6 ounces baby spinach for the chiles.
- ☐ Serves 4 (serving size: 1 cup) Calories 394; Fat 8g (sat 1g); Sodium 601mg

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:17.16, Inflammation Score:0, Nutrition Score:14.743913052523%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 611.86kcal (30.59%), Fat: 25.88g (39.81%), Saturated Fat: 5.4g (33.76%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 61.07g (22.21%), Sugar: 10.72g (11.91%), Cholesterol: 77.55mg (25.85%), Sodium: 1649.9mg (71.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Selenium: 44.54µg (63.63%), Vitamin B3: 6.77mg (33.83%), Manganese: 0.56mg (27.96%), Phosphorus: 234.72mg (23.47%), Vitamin B2: 0.36mg (21.22%), Copper: 0.39mg (19.38%), Vitamin B6: 0.38mg (18.84%), Potassium: 574.24mg (16.41%), Vitamin C: 12.22mg (14.81%), Iron: 2.49mg (13.81%), Vitamin B1: 0.2mg (13.26%), Magnesium: 50.47mg (12.62%), Folate: 39.94µg (9.99%), Zinc: 1.44mg (9.59%), Fiber: 2.25g (9.01%), Vitamin E: 1.23mg (8.19%), Vitamin A: 392.11IU (7.84%), Calcium: 61.44mg (6.14%), Vitamin K: 5.68µg (5.41%), Vitamin B5: 0.31mg (3.12%)