



## Spaghetti with Sausage and Simple Tomato Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup basil fresh
- 28 ounce canned tomatoes whole undrained canned
- 0.5 teaspoon pepper red crushed
- 5 garlic clove minced
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 2 ounces parmesan shaved
- 8 ounces turkey sausage italian hot

- 8 ounces pasta like spaghetti uncooked
- 1 teaspoon sugar

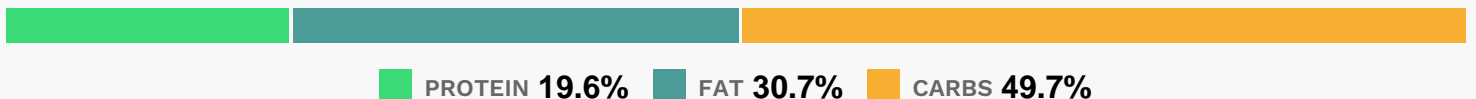
## Equipment

- food processor
- frying pan
- baking sheet
- oven
- broiler

## Directions

- Preheat broiler.
- Arrange sausage on a small baking sheet. Broil sausage 5 minutes on each side or until done.
- Remove pan from oven (do not turn broiler off).
- Cut sausage into 1/4-inch-thick slices. Arrange slices in a single layer on baking sheet. Broil sausage slices 2 minutes or until browned.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Place tomatoes in a food processor; process until almost smooth.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add crushed red pepper and minced garlic; saut 1 minute. Stir in tomatoes, sugar, and salt; cook 4 minutes or until slightly thick.
- Add sausage and cooked pasta to pan; toss well. Top with fresh basil and Parmigiano-Reggiano.

## Nutrition Facts



## Properties

Glycemic Index:69.27, Glycemic Load:22.27, Inflammation Score:-7, Nutrition Score:25.976956418027%

## Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 491.37kcal (24.57%), Fat: 17.1g (26.31%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 56.01g (20.37%), Sugar: 13.23g (14.7%), Cholesterol: 39.69mg (13.23%), Sodium: 1314.23mg (57.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.14%), Selenium: 53.4µg (76.28%), Manganese: 1.01mg (50.42%), Iron: 9.07mg (50.41%), Vitamin C: 36.94mg (44.77%), Phosphorus: 381.26mg (38.13%), Vitamin B6: 0.66mg (33.06%), Copper: 0.61mg (30.71%), Vitamin B3: 5.58mg (27.9%), Calcium: 269.64mg (26.96%), Fiber: 6.28g (25.14%), Vitamin E: 3.69mg (24.62%), Potassium: 857.11mg (24.49%), Magnesium: 92.43mg (23.11%), Vitamin K: 21.58µg (20.55%), Zinc: 3mg (20%), Vitamin B2: 0.29mg (17.07%), Vitamin B1: 0.25mg (16.95%), Vitamin A: 772.6IU (15.45%), Vitamin B5: 1.34mg (13.4%), Folate: 42.73µg (10.68%), Vitamin B12: 0.41µg (6.9%)