



 **65%**  
HEALTH SCORE

## Spicy Sausage and Chard Pasta

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



915 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup basil fresh
- 4 medium beefsteak tomatoes seeded chopped
- 2 large garlic clove chopped
- 12 ounces ground sausage italian hot
- 12 ounces pasta whole-wheat
- 0.5 cup onion chopped
- 4 servings parmesan shaved
- 1 bunch swiss chard chopped

0.5 cup whipping cream

## Equipment

bowl

pot

## Directions

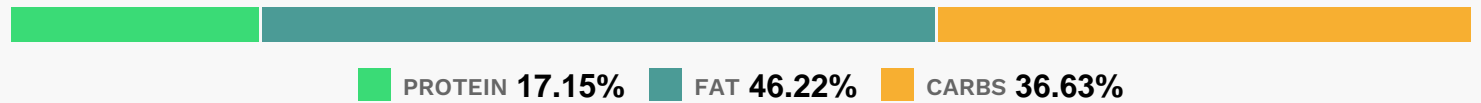
Cook pasta according to package directions. Meanwhile, heat a large, wide pot over medium heat. Cook sausage, onion, and garlic, stirring frequently, until sausage starts to brown, about 5 minutes.

Add chard and tomatoes and cook, covered, until chard wilts, about 4 minutes. Stir in cream.

Put drained pasta in a large, shallow serving bowl.

Pour sausage and chard mixture over pasta and sprinkle with basil and parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:73.5, Glycemic Load:30.5, Inflammation Score:-10, Nutrition Score:44.817391312641%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

## Nutrients (% of daily need)

Calories: 914.58kcal (45.73%), Fat: 47.29g (72.75%), Saturated Fat: 21.71g (135.71%), Carbohydrates: 84.3g (28.1%), Net Carbohydrates: 75.91g (27.6%), Sugar: 14.01g (15.57%), Cholesterol: 118.65mg (39.55%), Sodium: 1293.31mg (56.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.97%), Vitamin K: 657.24µg (625.94%), Vitamin A: 8170.49IU (163.41%), Selenium: 83.48µg (119.25%), Vitamin C: 73.18mg (88.7%), Manganese: 1.57mg (78.29%), Phosphorus: 632mg (63.2%), Vitamin B1: 0.75mg (49.72%), Calcium: 490.22mg (49.02%), Potassium: 1590.38mg (45.44%), Magnesium: 173.75mg (43.44%), Vitamin B6: 0.8mg (40.24%), Copper: 0.68mg (33.98%), Fiber: 8.4g (33.59%), Vitamin B3: 6.68mg (33.39%), Zinc: 4.53mg (30.2%), Vitamin B2: 0.49mg (28.81%), Iron:

4.77mg (26.49%), Vitamin E: 3.7mg (24.69%), Folate: 91.77 $\mu$ g (22.94%), Vitamin B12: 1.18 $\mu$ g (19.69%), Vitamin B5: 1.48mg (14.8%), Vitamin D: 0.63 $\mu$ g (4.17%)