



## Tagliatelle with Smashed Peas, Sausage, and Ricotta Cheese

READY IN



15 min.

SERVINGS



6

CALORIES



735 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 cup basil leaves fresh chopped
- 2 cloves garlic chopped
- 1 pound sausage italian hot
- 2 tablespoons olive oil
- 1 pound tagliatelle pasta fresh (or other wide, long pasta)
- 1 pound peas frozen thawed
- 0.3 cup pecorino romano cheese fresh grated
- 1 teaspoon salt

1 cup milk ricotta cheese whole

## Equipment

frying pan

pot

wooden spoon

## Directions

Bring a large pot of salted water to a boil over high heat.

Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes if dry or according to package directions if fresh.

Drain pasta reserving 1 cup of the pasta cooking water.

Meanwhile, in a large, heavy skillet heat the olive oil and garlic over medium-high heat and add the sausage. Use a wooden spoon to break up the sausage into bite-sized bits. When the sausage has browned, about 5 minutes.

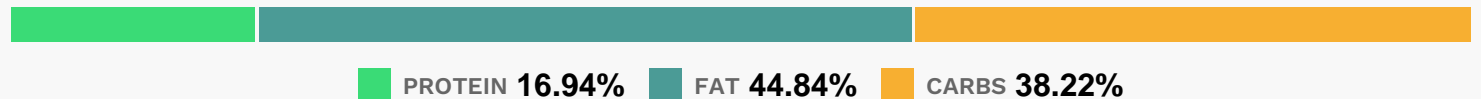
Remove and set aside.

Add the peas to the pan and, using the back of the wooden spoon, smash the peas. Turn off the heat.

Add the ricotta cheese along with the cooked pasta and toss to coat, adding the pasta cooking water in 1/4 cup additions, if needed, to make the pasta moist. Return the sausage to the pan.

Add the basil, Pecorino Romano cheese, and salt. Toss gently to coat and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:44.72, Glycemic Load:26.24, Inflammation Score:-8, Nutrition Score:26.573478447354%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin:

0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg,  
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 734.76kcal (36.74%), Fat: 36.31g (55.86%), Saturated Fat: 13.57g (84.82%), Carbohydrates: 69.65g (23.22%), Net Carbohydrates: 62.85g (22.85%), Sugar: 6.47g (7.18%), Cholesterol: 82.87mg (27.62%), Sodium: 1033.63mg (44.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.87g (61.73%), Selenium: 74.64µg (106.62%), Manganese: 1.1mg (55.13%), Vitamin B1: 0.71mg (47.23%), Phosphorus: 432.06mg (43.21%), Vitamin C: 32.6mg (39.52%), Vitamin K: 34.65µg (33%), Fiber: 6.8g (27.19%), Vitamin B3: 5.4mg (27.01%), Zinc: 3.98mg (26.54%), Vitamin B6: 0.5mg (25.01%), Vitamin B2: 0.37mg (21.86%), Copper: 0.44mg (21.84%), Magnesium: 84.03mg (21.01%), Folate: 76.12µg (19.03%), Vitamin A: 937.9IU (18.76%), Calcium: 185.68mg (18.57%), Iron: 3.32mg (18.43%), Potassium: 604.28mg (17.27%), Vitamin B12: 0.88µg (14.59%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 0.93mg (6.22%)