



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

- 1 teaspoon salt
- 1 cup ricotta cheese whole

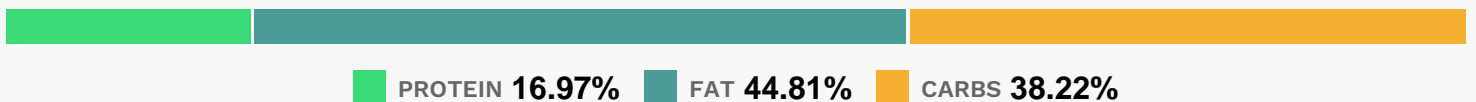
Equipment

- 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:56.39, Glycemic Load:26.26, Inflammation Score:-8, Nutrition Score:27.511304347826%

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

Nutrients (% of daily need)

Calories: 735.45kcal (36.77%), Fat: 36.33g (55.89%), Saturated Fat: 13.57g (84.83%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 62.88g (22.87%), Sugar: 6.48g (7.19%), Cholesterol: 82.87mg (27.62%), Sodium: 1033.75mg (44.95%), Protein: 30.96g (61.92%), Selenium: 74.65µg (106.64%), Manganese: 1.14mg (56.85%), Vitamin B1: 0.71mg (47.3%), Vitamin K: 47.1µg (44.85%), Phosphorus: 433.74mg (43.37%), Vitamin C: 33.14mg (40.17%), Fiber: 6.85g (27.38%), Vitamin B3: 5.43mg (27.15%), Zinc: 4mg (26.7%), Vitamin B6: 0.5mg (25.25%), Copper: 0.45mg (22.42%), Vitamin B2: 0.37mg (21.99%), Vitamin A: 1096.15IU (21.92%), Magnesium: 85.95mg (21.49%), Folate: 78.16µg (19.54%), Calcium: 190.99mg (19.1%), Iron: 3.41mg (18.96%), Potassium: 613.13mg (17.52%), Vitamin B12: 0.88µg (14.59%), Vitamin B5: 0.91mg (9.14%), Vitamin E: 0.96mg (6.38%)