



Whole Wheat Blend Rotini with Spicy Turkey Sausage and Mustard Greens

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounce fat-skimmed beef broth fat-free divided canned
- ☐ 2 garlic clove minced
- ☐ 0.5 cup half and half
- ☐ 1 pound turkey sausage italian hot
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ounces mustard greens
- ☐ 2 ounces pecorino cheese fresh grated

- ☐ 13.5 ounce rotini pasta whole wheat uncooked (corkscrew pasta)
- ☐ 4 quarts water
- ☐ 1.5 cups onion yellow chopped (1 large)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place 1/2 cup broth in a small saucepan over medium heat; simmer until reduced to 3 tablespoons (about 6 minutes).
- ☐ Remove from heat.
- ☐ Combine water and remaining broth in a large Dutch oven. Bring to a boil over high heat; stir in pasta. Cook, uncovered, 10 minutes or until al dente.
- ☐ Drain well; place pasta in a large bowl. Keep warm.
- ☐ Heat a Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add onion; cook 4 minutes or until tender, stirring occasionally.
- ☐ Add garlic; cook 1 minute, stirring constantly.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 6 minutes or until browned, stirring to crumble. Stir in greens; cook 2 minutes or until greens wilt.
- ☐ Add reduced broth, half-and-half, and cheese. Cook 4 minutes or until cheese melts and mixture thickens, stirring frequently.
- ☐ Add sausage mixture to pasta, and sprinkle with salt and freshly ground pepper. Toss well to combine.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **22.51%**  FAT **25.56%**  CARBS **51.93%**

Properties

Glycemic Index:23.75, Glycemic Load:15.26, Inflammation Score:-8, Nutrition Score:20.737826087553%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 337.23kcal (16.86%), Fat: 9.57g (14.73%), Saturated Fat: 4.35g (27.21%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 40.26g (14.64%), Sugar: 5.5g (6.11%), Cholesterol: 42.72mg (14.24%), Sodium: 1002.24mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.92%), Vitamin K: 73.78µg (70.26%), Selenium: 45.94µg (65.63%), Vitamin C: 39.67mg (48.09%), Iron: 6.74mg (37.47%), Phosphorus: 295.39mg (29.54%), Manganese: 0.54mg (27.14%), Vitamin A: 1022.9IU (20.46%), Vitamin B6: 0.4mg (20.05%), Copper: 0.35mg (17.57%), Vitamin B3: 3.46mg (17.32%), Calcium: 170.95mg (17.1%), Zinc: 2.31mg (15.42%), Magnesium: 61.55mg (15.39%), Fiber: 3.49g (13.96%), Vitamin B2: 0.23mg (13.71%), Potassium: 415.85mg (11.88%), Vitamin B5: 0.89mg (8.93%), Vitamin B1: 0.13mg (8.8%), Vitamin B12: 0.45µg (7.52%), Folate: 23.73µg (5.93%), Vitamin E: 0.68mg (4.56%)