



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 less-sodium chicken broth fat-free divided canned
- 2 garlic cloves minced
- 0.5 cup half-and-half
- 1 pound turkey sausage italian hot
- 0.5 teaspoon kosher salt
- 8 ounces bagged prewashed cut mustard greens
- 2 ounces pecorino romano cheese fresh grated

- 13.5 ounce blend rotini 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%)