



WHATSheATE



Whole Wheat Pasta with Sausage, Leeks, and Fontina

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 ounces fontina shredded
- ☐ 4 ounce sausage sweet italian
- ☐ 2 cups leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 2.5 teaspoons salt divided
- ☐ 9.5 ounces savoy cabbage shredded

- ☐ 6 quarts water
- ☐ 1 pound penne pasta whole wheat uncooked

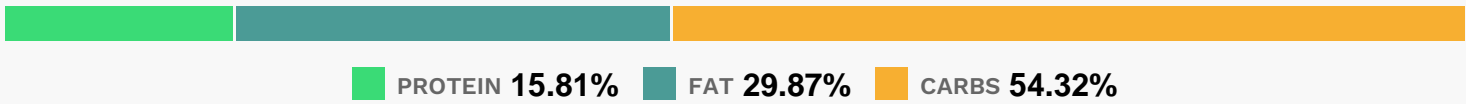
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Bring 6 quarts water and 2 teaspoons salt to a boil in a large stockpot. Stir in pasta; partially cover, and return to a boil, stirring frequently. Cook 8 minutes or until pasta is almost al dente, stirring occasionally.
- ☐ Drain.
- ☐ While pasta cooks, heat olive oil in a Dutch oven over medium-high heat.
- ☐ Remove casing from the sausage.
- ☐ Add sausage to Dutch oven; cook 2 minutes or until lightly browned, stirring to crumble.
- ☐ Add leek; cook 2 minutes or until leek is soft, stirring frequently.
- ☐ Add cabbage; cook 2 minutes or until cabbage wilts, stirring frequently.
- ☐ Add remaining 1/2 teaspoon salt, broth, and pepper; bring to a boil. Reduce heat, and simmer 15 minutes or until vegetables are very tender.
- ☐ Add pasta to Dutch oven, tossing well to coat; bring to a boil. Reduce heat, and cook 1 minute, stirring constantly, or until pasta is al dente.
- ☐ Remove from heat; stir in cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:11.39782603409%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 407.22kcal (20.36%), Fat: 13.28g (20.44%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 46.96g (17.08%), Sugar: 3.97g (4.41%), Cholesterol: 25.33mg (8.44%), Sodium: 1403.33mg (61.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.63%), Vitamin K: 46.61µg (44.39%), Fiber: 7.39g (29.56%), Vitamin C: 17.85mg (21.64%), Vitamin A: 1030.14IU (20.6%), Folate: 57.37µg (14.34%), Manganese: 0.25mg (12.65%), Copper: 0.24mg (12.07%), Calcium: 119.49mg (11.95%), Vitamin B6: 0.22mg (11.22%), Selenium: 7.6µg (10.85%), Vitamin B1: 0.16mg (10.75%), Phosphorus: 93.06mg (9.31%), Magnesium: 34.85mg (8.71%), Vitamin B12: 0.41µg (6.77%), Potassium: 223.18mg (6.38%), Iron: 1.13mg (6.28%), Zinc: 0.93mg (6.21%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.71mg (4.74%), Vitamin B5: 0.31mg (3.09%)