

# Italian Sausage Bow Tie Pasta

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-bow-cookies>

## Ingredients:

- 2 tablespoons olive oil
- 1/2 onion medium, chopped
- 1 pound italian sausage
- 5 garlic cloves minced
- 24 ounces marinara sauce Ragu
- 1 cup half & half
- 5 cups bow tie pasta cooked
- 3 handfuls spinach
- chopped parsley to garnish, optional

## Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 118 grams
3. Cholesterol: 110 milligrams
4. Fat: 57 grams
5. Fiber: 9 grams
6. Protein: 37 grams
7. SaturatedFat: 19 grams
8. Sodium: 1570 milligrams
9. Sugar: 19 grams

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