

# Italian Chicken Sausage Pasta

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/every-plate-sweet-italian-chicken-sausage-recipe>

## Ingredients:

- 12 ounces pasta
- 2 chicken sausage links, Italian or spicy
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove minced
- 24 ounces marinara sauce favorite kind
- 1/2 cup milk any kind
- 1/4 cup heavy cream
- 2 cups frozen peas
- 1 teaspoon red pepper flakes or more
- salt
- pepper
- 1/2 cup Parmesan optional

## Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 85 milligrams
4. Fat: 37 grams
5. Fiber: 12 grams
6. Protein: 35 grams
7. SaturatedFat: 14 grams
8. Sodium: 1800 milligrams
9. Sugar: 23 grams

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