

Creamy Italian Sausage Pasta

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/stove-top-with-ground-italian-sausage-recipe>

Ingredients:

- 1 pound pasta – I used penne, 454g
- 1 tablespoon butter .5oz, 14g
- 3 tablespoons extra virgin olive oil 1.5oz, 42g
- 1 small onion chopped fine
- 4 cloves garlic chopped fine or put through the garlic press
- 1 pound sweet Italian sausage 454g ****see note****
- 1 teaspoon Italian seasoning or a mix of dried basil, thyme, marjoram, and oregano
- 1 bay leaf
- 3/4 cup chicken broth 6.2oz, 176g
- 1 1/2 cups heavy cream 12.6oz, 357g
- 3/4 cup freshly grated Parmesan cheese 3oz, 85g
- 8 ounces baby spinach 227g
- salt
- pepper

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 205 milligrams
4. Fat: 70 grams
5. Fiber: 5 grams
6. Protein: 45 grams
7. SaturatedFat: 35 grams
8. Sodium: 1260 milligrams
9. Sugar: 4 grams

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