

# Creamy, Cheesy Italian Sausage and Basil Penne

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-basil-recipe>

## Ingredients:

- 3 tablespoons extra virgin olive oil 1.5oz, 42g
- 1 small onion chopped fine
- 3 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
- 1 cup chicken broth 8.3oz, 235g
- 1 1/2 cups heavy cream 12.6oz, 357g
- 3/4 cup freshly grated Parmesan cheese 2.6oz, 74g
- 1 handful fresh basil sliced thin
- salt
- pepper
- 1 pound penne pasta 454g
- 1 tablespoon butter .5oz, 14g

## Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 205 milligrams
4. Fat: 71 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 35 grams
8. Sodium: 1220 milligrams
9. Sugar: 4 grams

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