

# Italian Sausage and Cabbage Pasta

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-smothered-cabbage-w-italian-sausage-recipe>

## Ingredients:

- pasta choice for 4 people, I use linguine or fettuccini
- 4 italian sausages I generally use hot but you can choose to use mild
- 2 cups cabbage Chopped
- 1/4 cup water

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 85 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 12 grams
8. Sodium: 830 milligrams

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