

# Creamy Italian Sausage and Shells

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 12 ounces shell pasta
- 1 cup pasta water Reserved
- 1/2 tablespoon olive oil
- 1 pound mild Italian sausage Ground
- 1 shallot diced small
- 2 garlic cloves crushed or minced
- 2 teaspoons Italian seasoning
- 1/4 cup dry white wine
- 1/2 cup heavy cream
- 2 cups fresh spinach
- 3/4 cup Pecorino Romano cheese Shredded
- freshly ground pepper Lots of
- salt to taste

## Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 180 milligrams
4. Fat: 63 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 28 grams
8. Sodium: 1570 milligrams
9. Sugar: 3 grams

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