

Creamy Italian Sausage and Tomato Pasta

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound penne box of, or other pasta, 454g
- 1 tablespoon butter .5oz, 14g
- 2 tablespoons olive oil
- 1 medium onion chopped
- 1 red bell pepper chopped
- 1 pound Italian sausage 454g
- 5 cloves garlic minced
- 3/4 cup sundried tomatoes chopped, 100g
- 15 ounces chopped tomatoes 425g
- 1 chicken bouillon cube
- 1/2 cup water
- 1 cup heavy cream
- 1/2 cup Parmesan cheese 1.5oz, 43g
- 1 handful baby spinach about 2.3oz, 65g, chopped or not
- 1 handful fresh basil leaves about 1.5oz, 43g, chopped
- salt
- pepper

Nutrition:

1. Calories: 1280 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 200 milligrams
4. Fat: 78 grams
5. Fiber: 8 grams
6. Protein: 41 grams
7. SaturatedFat: 34 grams
8. Sodium: 1730 milligrams

9. Sugar: 13 grams

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