

Simple Sausage and Broccoli Pasta

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 8 ounces pasta uncooked
- 17 5/8 ounces italian sausage cut into small pieces, or crumble it
- 1 head broccoli cut into small florets
- 2 cloves garlic minced
- 1 cup half & half
- 1/2 cup grated Parmesan cheese freshly
- red pepper flakes to taste
- salt
- pepper

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 130 milligrams
4. Fat: 52 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 20 grams
8. Sodium: 1380 milligrams
9. Sugar: 5 grams

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