

Italian Sausage Pasta

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 1/8 pounds penne
- 3 3/8 tablespoons extra virgin olive oil
- 1 onion
- 3 garlic cloves Judged on if there is garlic powder in the Italian sausage mixture
- 7/8 pound Italian sausages
- 1/2 cup dry white wine or red wine
- 2 1/8 cups whole milk
- 2 cups passata
- chilli flakes • Mild, optional
- 1 bunch parsley flat, finely sliced, Stalks removed and finely sliced
- Parmesan
- 2 teaspoons paprika optional
- 1 teaspoon cayenne pepper optional
- 1/3 teaspoon fennel seeds optional
- 2 garlic cloves optional
- 1 teaspoon chilli flakes optional
- Italian sausages optional
- spice mix optional
- 1 bunch fresh parsley optional
- 3 1/2 tablespoons butter can be added with extra virgin olive oil to make a richer sauce

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 123 grams
3. Cholesterol: 140 milligrams
4. Fat: 70 grams
5. Fiber: 9 grams
6. Protein: 44 grams
7. SaturatedFat: 26 grams

8. Sodium: 2060 milligrams
 9. Sugar: 19 grams
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