

Easy Italian Sausage Penne Pasta and Kale

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound italian sausages casings removed
- 1/2 bunch kale fresh organic, trimmed and chopped
- 2 garlic cloves peeled and chopped
- 1/2 cup tomato passata
- 300 grams penne
- 2 tablespoons Parmesan cheese
- salt
- pepper

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 90 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 13 grams
8. Sodium: 1230 milligrams
9. Sugar: 4 grams

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