

# Spaghetti with Artichokes & Italian Sausage

Yield: 2 min  
Total Time: 55 min

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

## Ingredients:

- 7 ounces pasta I used spaghetti, penne are fine too
- 3 artichoke hearts fresh
- 7 ounces italian sausage fresh
- 7 cherry tomatoes
- 2 tablespoons olive oil
- oregano
- ground red pepper
- salt
- ricotta cheese grated dried, or parmesan cheese

## Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 75 milligrams
4. Fat: 48 grams
5. Fiber: 12 grams
6. Protein: 30 grams
7. SaturatedFat: 13 grams
8. Sodium: 1170 milligrams
9. Sugar: 6 grams

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