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Spicy Sausage and Pasta

Spicy Sausage and Pasta is a delicious and hearty dish that combines spicy sausage with pasta in a flavorful sauce. It is a crowd-pleasing recipe that is perfect for a weeknight dinner or a special occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Spicy Sausage
200 g	pasta
2 tbsp	olive oil
1 medium	onion

2 cloves	garlic
1 c	tomato sauce
1 tsp	crushed red pepper flakes
1 tsp	salt
1 tsp	black pepper
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the spicy sausage to the skillet and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Simmering

Stir in the tomato sauce, crushed red pepper flakes, salt, and black pepper. Simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Cooking

Add the cooked pasta to the skillet and toss to combine. Cook for an additional 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Serving

Serve the spicy sausage and pasta hot, topped with grated Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian American

Course

Side Dishes Salads Soups Sauces & Dressings

Cultural

Chinese New Year Diwali Passover Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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