



## Bean & pasta stew with meatballs

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 pack pork sausages
- ☐ 1 tbsp olive oil
- ☐ 2 onions finely chopped
- ☐ 3 celery stalks diced
- ☐ 2 carrots diced
- ☐ 3 garlic cloves finely chopped
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1l chicken stock see

- ☐ 175 g macaroni
- ☐ 410 g .5 can cannellini beans rinsed drained canned
- ☐ 1 handful flat-leaf parsley chopped

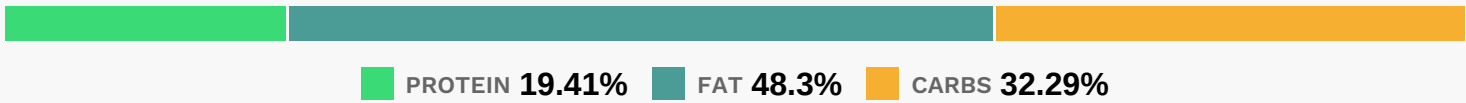
## Equipment

- ☐ frying pan

## Directions

- ☐ Snip the ends off the sausages and squeeze out the meat.
- ☐ Roll into rough walnut-sized meatballs.
- ☐ Heat half the oil in a large, wide pan and fry until browned, around 10 mins.
- ☐ Remove from pan and set aside.
- ☐ Add the rest of the oil to the pan. Tip in the onions, celery and carrots and fry for 10 mins until soft.
- ☐ Add garlic and cook for 1 min more. Tip in the tomatoes and stock. Bring to the boil and simmer for 10 mins.
- ☐ Stir in the macaroni and return the meatballs. Simmer for about 10 mins until pasta is cooked and meatballs are cooked though. Stir in beans and heat until piping hot. Season, mix in parsley and serve.

## Nutrition Facts



## Properties

Glycemic Index:66.21, Glycemic Load:9.59, Inflammation Score:-10, Nutrition Score:39.936956530032%

## Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

## Nutrients (% of daily need)

Calories: 987.32kcal (49.37%), Fat: 52.9g (81.39%), Saturated Fat: 16.48g (103.02%), Carbohydrates: 79.6g (26.53%), Net Carbohydrates: 69.46g (25.26%), Sugar: 13.72g (15.25%), Cholesterol: 129.65mg (43.22%), Sodium: 1607.08mg (69.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.84g (95.67%), Vitamin A: 5544.08IU (110.88%), Vitamin B3: 14.46mg (72.31%), Manganese: 1.28mg (63.87%), Vitamin B6: 1.1mg (55.07%), Vitamin B1: 0.82mg (54.61%), Phosphorus: 536.63mg (53.66%), Selenium: 36.11µg (51.58%), Potassium: 1742.86mg (49.8%), Iron: 7.68mg (42.67%), Copper: 0.84mg (42.02%), Zinc: 6.28mg (41.84%), Fiber: 10.14g (40.55%), Magnesium: 139.89mg (34.97%), Vitamin B2: 0.58mg (33.9%), Vitamin K: 33.17µg (31.59%), Folate: 120.79µg (30.2%), Vitamin B12: 1.44µg (24.01%), Vitamin C: 18.89mg (22.89%), Vitamin E: 3.24mg (21.6%), Vitamin B5: 1.97mg (19.69%), Calcium: 170.28mg (17.03%), Vitamin D: 2.2µg (14.69%)