



Braised Italian Sausage Stew

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barley uncooked
- 28 ounce canned tomatoes italian canned (in juice)
- 2 medium carrots cut into 1-inch chunks
- 2 stalks celery cut into 1-inch chunks
- 14.5 ounce chicken stock see canned
- 1 cup cooking wine dry white
- 0.5 teaspoon ground pepper black
- 1 teaspoon penzey's southwest seasoning italian

- 2 tablespoons olive oil extra-virgin
- 2 medium onion coarsely chopped
- 4 small parsnips cut into 1-inch chunks
- 0.5 teaspoon salt
- 19.8 ounce mild sausage links italian sliced johnsonville®
- 3 cups swiss chard chopped roughly chopped
- 8 ounces button mushrooms white halved

Equipment

- frying pan
- pot
- dutch oven
- cutting board

Directions

- Heat oil in a large Dutch oven over medium heat.
- Add onion; cook 3 minutes or until slightly soft.
- Add sausage links to pan; cook 12 - 14 minutes or until sausage is browned and almost cooked through.
- Remove sausage links to cutting board and allow them to cool before coin slicing. Stir in carrots, parsnips, mushrooms, celery and Swiss chard into the Dutch oven.
- Add the barley, tomatoes, stock, wine, Italian seasoning, salt and pepper.
- Add sliced sausage to the pot. Stir to combine all the ingredients.
- Bring to a boil, cover, reduce heat and continue to simmer for up to 1 hour or until the barley is cooked.
- Serve with crusty Italian bread.

Nutrition Facts



Properties

Glycemic Index:62.64, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:42.817826019681%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 735.86kcal (36.79%), Fat: 40.79g (62.76%), Saturated Fat: 12.95g (80.91%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 37.29g (13.56%), Sugar: 14.95g (16.61%), Cholesterol: 105.21mg (35.07%), Sodium: 1461.92mg (63.56%), Alcohol: 4.12g (100%), Alcohol %: 0.89% (100%), Protein: 38.21g (76.43%), Vitamin K: 193.63µg (184.41%), Vitamin A: 4974.03IU (99.48%), Manganese: 1.43mg (71.59%), Selenium: 48.19µg (68.85%), Vitamin B1: 0.9mg (59.68%), Vitamin C: 42.13mg (51.07%), Fiber: 12.49g (49.94%), Vitamin B3: 9.51mg (47.53%), Phosphorus: 463.28mg (46.33%), Vitamin B6: 0.91mg (45.67%), Potassium: 1562.06mg (44.63%), Copper: 0.74mg (36.9%), Vitamin B2: 0.6mg (35%), Zinc: 5.22mg (34.83%), Magnesium: 133.65mg (33.41%), Iron: 5.83mg (32.37%), Vitamin E: 4.76mg (31.71%), Folate: 123.98µg (30.99%), Vitamin B12: 1.55µg (25.83%), Vitamin B5: 2.26mg (22.61%), Calcium: 154.26mg (15.43%)