



 **82%**  
HEALTH SCORE

## Braised Italian Sausage Stew

 Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup barley uncooked
- 28 oz canned tomatoes italian canned (in juice)
- 4 carrots cut into 1" chunks
- 2 stalks celery cut into 1" chunks
- 14.5 oz chicken stock see canned
- 1 cup cooking wine dry white
- 2 tbsp olive oil extra virgin
- 0.5 tsp ground pepper black

- 1 tsp penzey's southwest seasoning italian
- 2 onions coarsely chopped
- 4 small parsnips cut into 1" chunks
- 0.5 tsp salt
- 1 pkg mild sausage links italian sliced johnsonville®
- 3 cups swiss chard chopped roughly chopped
- 8 oz button mushrooms white halved

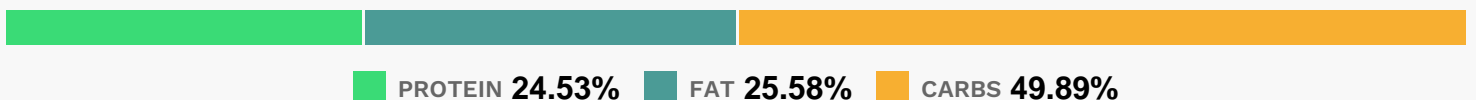
## Equipment

- 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:15.53, Inflammation Score:-10, Nutrition Score:35.795652428399%

## 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: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

## Nutrients (% of daily need)

Calories: 421.65kcal (21.08%), Fat: 11.64g (17.91%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 38.05g (13.84%), Sugar: 15.91g (17.68%), Cholesterol: 34.38mg (11.46%), Sodium: 794.66mg (34.55%), Alcohol: 4.12g (100%), Alcohol %: 1.02% (100%), Protein: 25.12g (50.24%), Vitamin K: 196.1µg (186.77%), Vitamin A: 8370.35IU (167.41%), Manganese: 1.41mg (70.26%), Fiber: 13.04g (52.16%), Vitamin C: 41.47mg (50.26%), Potassium: 1390.92mg (39.74%), Selenium: 25.1µg (35.86%), Phosphorus: 338mg (33.8%), Copper: 0.67mg (33.62%), Vitamin B3: 6.68mg (33.38%), Vitamin B6: 0.66mg (33.08%), Vitamin E: 4.88mg (32.56%), Magnesium: 122.96mg (30.74%), Folate: 120.31µg (30.08%), Iron: 4.78mg (26.53%), Vitamin B2: 0.45mg (26.48%), Vitamin B1: 0.38mg (25.28%), Zinc: 3.6mg (24.03%), Vitamin B5: 1.84mg (18.41%), Calcium: 143.66mg (14.37%), Vitamin B12: 0.7µg (11.7%)