



Braised Italian Sausage Stew

 Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 tsp seasoning italian
- 2 medium onion coarsely chopped
- 4 small parsnips cut into 1" chunks
- 0.5 tsp salt
- 1 pkg ground sausage italian sliced johnsonville®
- 3 cups swiss chard chopped roughly chopped
- 8 oz mushrooms white halved
- 8 oz 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



■ PROTEIN 25.01% ■ FAT 25.2% ■ CARBS 49.79%

Properties

Glycemic Index:67.97, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:38.065652100936%

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 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: 429.96kcal (21.5%), Fat: 11.77g (18.11%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 38.91g (14.15%), Sugar: 16.66g (18.51%), Cholesterol: 34.38mg (11.46%), Sodium: 796.55mg (34.63%), Alcohol: 4.12g (100%), Protein: 26.29g (52.57%), Vitamin K: 196.1µg (186.77%), Vitamin A: 8370.35IU (167.41%), Manganese: 1.42mg (71.15%), Fiber: 13.42g (53.67%), Vitamin C: 42.26mg (51.23%), Potassium: 1511.12mg (43.17%), Selenium: 28.61µg (40.88%), Vitamin B3: 8.04mg (40.2%), Copper: 0.79mg (39.63%), Phosphorus: 370.51mg (37.05%), Vitamin B2: 0.6mg (35.41%), Vitamin B6: 0.7mg (35.05%), Vitamin E: 4.89mg (32.59%), Folate: 126.73µg (31.68%), Magnesium: 126.36mg (31.59%), Iron: 4.96mg (27.58%), Vitamin B1: 0.41mg (27.33%), Zinc: 3.8mg (25.34%), Vitamin B5: 2.41mg (24.07%), Calcium: 144.79mg (14.48%), Vitamin B12: 0.72µg (11.95%), Vitamin D: 0.22µg (1.46%)