



Easy Italian Stew

READY IN



30 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 14 oz canned tomatoes diced italian-style undrained canned
- 1 cup elbow macaroni uncooked
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 lb sausage italian
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 16 oz stir-fry vegetables white green red yellow frozen sliced (onions; , and peppers)

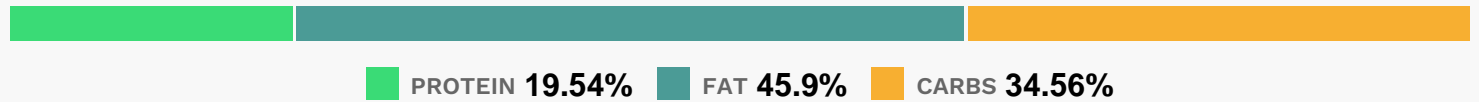
Equipment

sauce pan

Directions

- Heat dressing in large saucepan on medium heat.
- Add sausage; cook 8 to 10 min. or until done, stirring occasionally to break into small pieces.
- Drain.
- Add broth, stir-fry vegetables, beans and tomatoes; bring to boil. Stir in macaroni; simmer on medium heat 8 to 10 min. or until macaroni is tender, stirring occasionally.
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:6.24, Inflammation Score:-9, Nutrition Score:20.346521658742%

Nutrients (% of daily need)

Calories: 422.21kcal (21.11%), Fat: 21.79g (33.52%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 30.6g (11.13%), Sugar: 3.51g (3.9%), Cholesterol: 52.05mg (17.35%), Sodium: 1039.29mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.74%), Vitamin A: 3054.51IU (61.09%), Selenium: 30.77µg (43.96%), Manganese: 0.71mg (35.48%), Vitamin B1: 0.51mg (33.69%), Phosphorus: 287.57mg (28.76%), Fiber: 6.32g (25.29%), Iron: 3.85mg (21.38%), Potassium: 733.98mg (20.97%), Vitamin B3: 4.09mg (20.45%), Calcium: 197.65mg (19.77%), Vitamin B6: 0.39mg (19.49%), Copper: 0.39mg (19.29%), Magnesium: 72.25mg (18.06%), Zinc: 2.65mg (17.7%), Folate: 67.38µg (16.85%), Vitamin B2: 0.26mg (15.45%), Vitamin C: 11.61mg (14.07%), Vitamin B12: 0.83µg (13.82%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 1.16mg (7.73%), Vitamin K: 6.47µg (6.16%)