



## Fast-and-Fresh Sausage Ragu

READY IN



40 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 oz canned tomatoes diced with basil, garlic, and oregano canned
- 2 medium carrots diced
- 1 cup cooking wine dry red
- 3 garlic cloves pressed
- 1 lb sausage meat with sage
- 1 medium onion diced
- 8 servings parmesan cheese freshly grated
- 0.3 teaspoon pepper dried red crushed
- 16 oz rigatoni pasta

- 6 oz tomato paste canned
- 1 medium zucchini diced

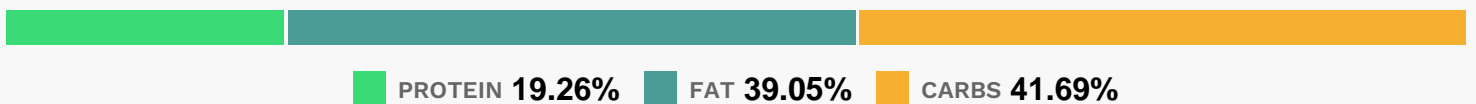
## Equipment

- frying pan

## Directions

- Cook pasta according to package directions; drain, reserving 1/2 cup hot pasta water.
- Meanwhile, cook sausage in a large, 2-inch-deep skillet over medium-high heat, stirring often, 5 minutes or until sausage crumbles and is no longer pink.
- Add onion, zucchini, and carrots; cook, stirring often, 8 to 10 minutes or until tender.
- Add garlic and red pepper, and cook, stirring often, 1 to 2 minutes or until garlic is tender.
- Add tomato paste, and cook, stirring constantly, 1 to 2 minutes.
- Add wine and reserved pasta water; cook 2 minutes, stirring to loosen bits from bottom of skillet.
- Add tomatoes, and bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, 10 minutes.
- Add salt and pepper to taste. Spoon sausage mixture over pasta; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:33.1, Glycemic Load:20.44, Inflammation Score:-9, Nutrition Score:24.548695688662%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.18mg,

Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## **Nutrients (% of daily need)**

Calories: 590.24kcal (29.51%), Fat: 24.78g (38.12%), Saturated Fat: 9.88g (61.73%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 54.48g (19.81%), Sugar: 8.77g (9.74%), Cholesterol: 66.92mg (22.31%), Sodium: 1062.3mg (46.19%), Alcohol: 3.15g (100%), Alcohol %: 1.15% (100%), Protein: 27.5g (54.99%), Selenium: 47.36µg (67.66%), Vitamin A: 3176.64IU (63.53%), Manganese: 0.87mg (43.58%), Phosphorus: 433mg (43.3%), Calcium: 337.53mg (33.75%), Vitamin B6: 0.55mg (27.59%), Vitamin B3: 5.42mg (27.09%), Zinc: 3.81mg (25.39%), Potassium: 813.83mg (23.25%), Copper: 0.46mg (23.15%), Vitamin B1: 0.34mg (22.35%), Vitamin C: 18.14mg (21.98%), Fiber: 5.05g (20.22%), Magnesium: 80.57mg (20.14%), Iron: 3.26mg (18.13%), Vitamin B2: 0.31mg (18.04%), Vitamin B12: 0.89µg (14.78%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 1.17mg (11.73%), Folate: 39.68µg (9.92%), Vitamin K: 10.39µg (9.89%), Vitamin D: 0.89µg (5.91%)