

Italian Pasta Stew

READY IN



45 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced with roasted garlic canned
- ☐ 1 carrots cut into 1/2-inch slices
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 4 small potatoes diced red
- ☐ 1 cup rotini uncooked
- ☐ 19 ounce johnsonville mild sausage links italian
- ☐ 1 cup water

☐ 1 small zucchini squash sliced

Equipment

☐ bowl

☐ sauce pan

Directions

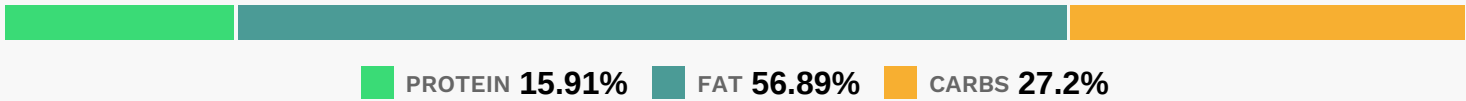
☐ Cook sausage links according to package directions; drain, cut into 1/4-inch slices and set aside.

☐ In a large saucepan, saute onions in oil until tender, about 3 minutes.

☐ Add potatoes, carrots and continue to cook for about 1 minute. Stir in tomatoes, water, pasta, zucchini and sausage. Bring to a boil; reduce heat. Cover and simmer for 6–8 minutes or until pasta is tender. Spoon stew into serving bowls and sprinkle with Parmesan cheese.

☐ Serve.

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:4.14, Inflammation Score:-9, Nutrition Score:22.179565151101%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 521.15kcal (26.06%), Fat: 33.21g (51.1%), Saturated Fat: 11.93g (74.56%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 31.22g (11.35%), Sugar: 7.09g (7.88%), Cholesterol: 73.89mg (24.63%), Sodium: 1018.29mg (44.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.79%), Vitamin B1: 0.7mg (46.85%), Selenium: 31.34µg (44.77%), Vitamin A: 1971.61IU (39.43%), Vitamin C: 30.26mg (36.67%), Vitamin B6: 0.71mg (35.6%), Potassium: 1150.75mg (32.88%), Phosphorus: 317.66mg (31.77%), Vitamin B3: 5.61mg (28.03%), Manganese: 0.49mg (24.62%), Iron: 3.58mg (19.91%), Vitamin B2: 0.33mg (19.18%), Copper: 0.38mg (19.04%),

Calcium: 184.19mg (18.42%), Fiber: 4.52g (18.09%), Zinc: 2.68mg (17.84%), Magnesium: 69.2mg (17.3%), Vitamin B12: 0.92µg (15.28%), Folate: 52.33µg (13.08%), Vitamin B5: 1.12mg (11.15%), Vitamin K: 11.1µg (10.58%), Vitamin E: 1.4mg (9.36%)