



Italian sausage & pasta pot

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 8 ground sausage italian
- ☐ 2.8 l chicken stock see hot
- ☐ 400 g penne pasta
- ☐ 2 carrots thinly sliced
- ☐ 2 onion thinly sliced
- ☐ 3 celery stalks thinly sliced
- ☐ 140 g green beans cut into 5cm/2in lengths

☐ 1 handful parsley chopped

Equipment

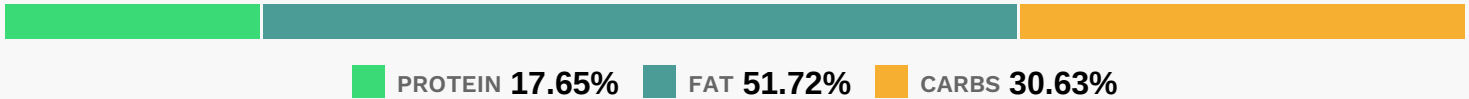
☐ bowl

☐ frying pan

Directions

- ☐ Heat the oil in a large pan and fry the sausages until brown all over.
- ☐ Pour in the hot chicken stock and simmer with a lid on for 10 mins.
- ☐ Add the pasta to the pan, mix well and bring to the boil. Stir in the carrots and onions, cook for 5 mins, then add the celery and beans, and cook for a further 4 mins. Check that the pasta is cooked if not, cook for a few minutes longer. Finally, stir in chopped parsley, season, and serve in large bowls.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:33.24, Inflammation Score:-10, Nutrition Score:46.146956485251%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 1478.75kcal (73.94%), Fat: 83.93g (129.12%), Saturated Fat: 28.34g (177.11%), Carbohydrates: 111.84g (37.28%), Net Carbohydrates: 105.83g (38.48%), Sugar: 18.86g (20.95%), Cholesterol: 191.54mg (63.85%), Sodium: 2687.25mg (116.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.43g (128.87%), Selenium: 134.9µg (192.72%), Vitamin B1: 1.69mg (112.43%), Vitamin A: 5456.94IU (109.14%), Vitamin B3: 20.84mg (104.21%), Phosphorus: 740.03mg (74%), Vitamin B6: 1.41mg (70.39%), Vitamin B2: 1.11mg (65.38%), Manganese: 1.24mg (62.09%), Potassium: 1800.44mg (51.44%), Copper: 0.91mg (45.68%), Zinc: 6.68mg (44.53%), Vitamin K: 40.2µg (38.29%), Vitamin B12: 2.04µg (33.97%), Iron: 6.09mg (33.83%), Magnesium: 131.5mg (32.88%), Folate: 101.82µg

(25.45%), Fiber: 6.01g (24.06%), Vitamin C: 17.46mg (21.17%), Vitamin B5: 1.81mg (18.14%), Calcium: 120.9mg (12.09%), Vitamin E: 1.2mg (7.99%)