



Mushroom-Sausage Ragù

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sausages sweet italian
- ☐ 1 cup morel mushrooms dried
- ☐ 2 tablespoons olive oil
- ☐ 30 servings parsley chopped for garnish
- ☐ 30 servings salt and pepper freshly ground
- ☐ 2 shallots thinly sliced
- ☐ 0.5 pound shiitake caps quartered
- ☐ 1 tablespoon tomato paste

- ☐ 1 tablespoon butter unsalted
- ☐ 6 water chestnuts sliced

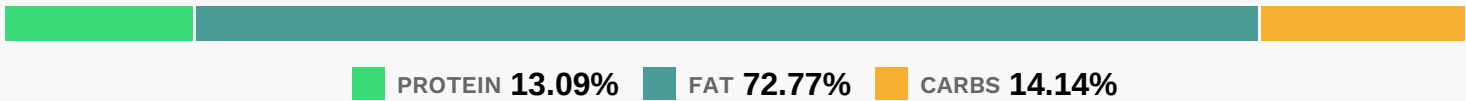
Equipment

- ☐ frying pan

Directions

- ☐ Soak the morels in 1 1/2 cups of boiling water until softened. Rinse and pat dry; reserve the soaking liquid. In a skillet, heat 1 tablespoon of the oil.
- ☐ Add the sausages, cover and cook over moderate heat until no longer pink within; slice 1/4 inch thick.
- ☐ Heat the remaining oil in the skillet.
- ☐ Add the shiitake, season with salt and pepper and cook until softened.
- ☐ Add the shallots and morels; cover and cook for 4 minutes.
- ☐ Add the water chestnuts.
- ☐ Pour in the morel soaking liquid.
- ☐ Add the sausages and simmer for 2 minutes. Stir in the tomato paste. Season with salt and pepper. Off the heat, swirl in the butter and sprinkle with parsley.
- ☐ Serve over polenta.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:5.2504347174064%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45.09kcal (2.25%), Fat: 3.74g (5.75%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.49g (0.54%), Cholesterol: 6.68mg (2.23%), Sodium: 256.44mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin K: 66.27µg (63.12%), Vitamin A: 356.82IU (7.14%), Vitamin C: 5.75mg (6.97%), Iron: 0.7mg (3.89%), Selenium: 2.41µg (3.44%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.06mg (3.11%), Phosphorus: 27.72mg (2.77%), Manganese: 0.05mg (2.54%), Potassium: 87.34mg (2.5%), Vitamin B2: 0.04mg (2.31%), Folate: 8.66µg (2.16%), Copper: 0.04mg (2.14%), Zinc: 0.32mg (2.13%), Fiber: 0.52g (2.1%), Vitamin B5: 0.19mg (1.87%), Magnesium: 5.7mg (1.42%), Vitamin E: 0.21mg (1.41%), Vitamin B12: 0.07µg (1.15%)