



Pasta with Tomato, Sausage and White Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cooking wine dry white
- 0.5 pound sausage italian (removed from casings)
- 24 ounce tomatoes
- 1 tablespoon olive oil
- 1 pound soup noodles such as spaghetti

Equipment

- frying pan

Directions

- Cook pasta according to the package directions. Meanwhile, heat oil in a large skillet over medium heat.
- Add the sausage and cook, breaking it up, until browned, 6 to 8 minutes.
- Add wine and cook for 3 minutes.
- Add the sauce and cook until heated through, 2 to 3 minutes.
- Serve over the pasta.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:24.78, Inflammation Score:-6, Nutrition Score:16.37260874458%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 475.5kcal (23.77%), Fat: 15.66g (24.09%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 59.12g (21.5%), Sugar: 6.25g (6.94%), Cholesterol: 28.73mg (9.58%), Sodium: 819.4mg (35.63%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 16.62g (33.24%), Selenium: 57.85µg (82.65%), Manganese: 0.86mg (42.99%), Phosphorus: 230.77mg (23.08%), Vitamin B1: 0.31mg (20.73%), Copper: 0.38mg (19%), Vitamin B3: 3.66mg (18.3%), Potassium: 615.23mg (17.58%), Vitamin B6: 0.34mg (17.09%), Fiber: 4.12g (16.48%), Magnesium: 64.37mg (16.09%), Iron: 2.58mg (14.36%), Vitamin E: 2.05mg (13.68%), Zinc: 2.02mg (13.44%), Vitamin B2: 0.19mg (10.92%), Vitamin C: 8.69mg (10.54%), Vitamin A: 491.01IU (9.82%), Vitamin B5: 0.88mg (8.78%), Folate: 27.04µg (6.76%), Vitamin B12: 0.34µg (5.73%), Vitamin K: 4.74µg (4.51%), Calcium: 40.38mg (4.04%)