



Quick sausage Bolognese

READY IN



20 min.

SERVINGS



4

CALORIES



871 kcal

SAUCE

Ingredients

- ☐ 6 sausage
- ☐ 1 tsp fennel seeds
- ☐ 250 g mushrooms sliced
- ☐ 150 ml red wine
- ☐ 660 g pasta sauce (we used Loyd Grossman's tomato & chilli)
- ☐ 300 g penne pasta
- ☐ 4 servings parmesan grated shaved

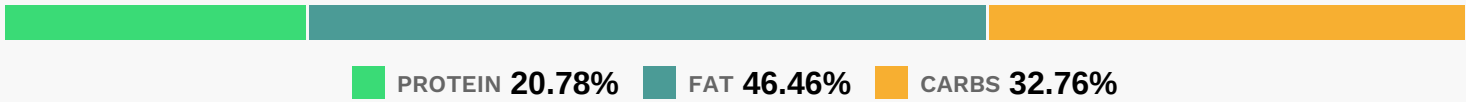
Equipment

☐ frying pan

Directions

- ☐ Heat a large, wide frying pan, then crumble in the sausage meat and fennel seeds (theres no need to add any oil). Fry for a few mins until golden and the fat is released, stirring well to break up the meat.
- ☐ Add the mushrooms and fry for a few mins until beginning to soften. Stir in the wine now, if using, bubble for 1 min, then add the tomato sauce and heat through until bubbling.
- ☐ Meanwhile, boil the penne. When ready, drain and tip into the sauce.
- ☐ Mix well until completely coated, then divide between four plates, finishing with a little Parmesan.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:26.2, Inflammation Score:-8, Nutrition Score:31.859565278758%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 870.86kcal (43.54%), Fat: 43.49g (66.91%), Saturated Fat: 16.45g (102.79%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 63.32g (23.03%), Sugar: 9.59g (10.66%), Cholesterol: 112.2mg (37.4%), Sodium:

2083.19mg (90.57%), Alcohol: 4.03g (100%), Alcohol %: 1.03% (100%), Protein: 43.76g (87.52%), Selenium: 61.03µg (87.18%), Phosphorus: 631.56mg (63.16%), Vitamin B3: 11.36mg (56.8%), Manganese: 0.99mg (49.45%), Calcium: 416.42mg (41.64%), Vitamin B2: 0.67mg (39.54%), Vitamin B6: 0.77mg (38.73%), Zinc: 5.41mg (36.06%), Potassium: 1256.63mg (35.9%), Copper: 0.71mg (35.43%), Vitamin B1: 0.52mg (34.93%), Vitamin B5: 2.77mg (27.72%), Magnesium: 107.66mg (26.92%), Iron: 4.8mg (26.67%), Vitamin B12: 1.47µg (24.48%), Fiber: 5.7g (22.8%), Vitamin A: 1045.81IU (20.92%), Vitamin E: 2.77mg (18.49%), Vitamin C: 13.86mg (16.8%), Vitamin D: 1.93µg (12.88%), Folate: 42.73µg (10.68%), Vitamin K: 5.87µg (5.59%)