



## Rigatoni with Sausage & Beans



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



963 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 19 oz kidney beans white rinsed drained canned
- ☐ 0.1 teaspoon rosemary leaves dried crushed
- ☐ 1 pound mild sausage links to package directions and coin sweet italian cut in 1/2-inch pieces
- ☐ 1 jar chunky pasta sauce ragu® (1 lb. 10 oz.)
- ☐ 16 oz ziti pasta cooked drained

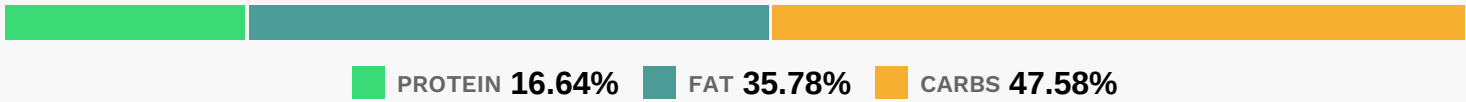
### Equipment

- ☐ frying pan

# Directions

- ☐ Brown sausage in 12-inch skillet over medium-high heat; drain. Stir in Pasta Sauce, beans and rosemary.Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 10 minutes or until sausage is done.
- ☐ Serve over hot pasta.Preparation time: 20 Minute(s)Cook time: 20 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:43.83, Inflammation Score:-8, Nutrition Score:33.453043481578%

## Nutrients (% of daily need)

Calories: 962.95kcal (48.15%), Fat: 38.24g (58.82%), Saturated Fat: 13.26g (82.89%), Carbohydrates: 114.41g (38.14%), Net Carbohydrates: 101.09g (36.76%), Sugar: 11.57g (12.86%), Cholesterol: 86.18mg (28.73%), Sodium: 1986.28mg (86.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.03%), Selenium: 102.29µg (146.13%), Manganese: 1.68mg (83.97%), Vitamin B1: 0.93mg (61.98%), Phosphorus: 563.99mg (56.4%), Fiber: 13.32g (53.27%), Copper: 0.81mg (40.6%), Potassium: 1394.82mg (39.85%), Vitamin B3: 7.96mg (39.82%), Vitamin B6: 0.78mg (38.78%), Magnesium: 141.88mg (35.47%), Iron: 6.13mg (34.05%), Zinc: 4.84mg (32.25%), Vitamin B2: 0.46mg (27.02%), Folate: 79.8µg (19.95%), Vitamin C: 15.25mg (18.48%), Vitamin B5: 1.77mg (17.67%), Vitamin E: 2.6mg (17.33%), Vitamin B12: 1.03µg (17.2%), Vitamin A: 736.2IU (14.72%), Calcium: 107.12mg (10.71%), Vitamin K: 10.39µg (9.9%)