



Sausage and Artichoke Ragout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 16 oz artichoke hearts frozen thawed
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 cup kalamata olives pitted halved drained
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 cups roma tomatoes chopped
- ☐ 4 servings salt and pepper
- ☐ 1 pound poultry sausages cooked

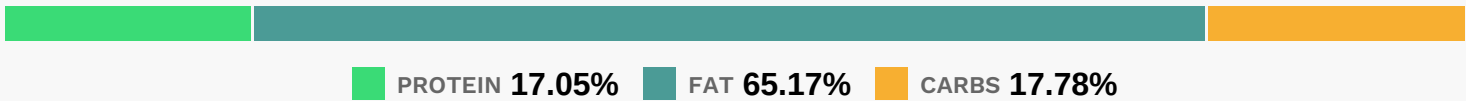
Equipment

- ☐ frying pan

Directions

- ☐ Pour 1 tablespoon oil into a 10- to 12-inch ovenproof frying pan (with sides at least 2 1/2 in. tall) over high heat; when hot, add sausages and turn until browned all over, about 5 minutes.
- ☐ Transfer to a board. Slice on the diagonal 1/2 inch thick.
- ☐ Meanwhile, add onion and garlic to pan (if no fat is left in pan, add a little more oil) and stir occasionally until they begin to brown, 4 to 5 minutes.
- ☐ Add wine, broth, and artichoke hearts; bring to a boil and stir occasionally until liquid is reduced by about half, 10 to 12 minutes.
- ☐ Add sausages, tomatoes, olives, rosemary, and oregano; bring to a simmer, lower heat, and cook, stirring often, 5 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:22.66826086459%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.49mg

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 559.7kcal (27.98%), Fat: 38.39g (59.06%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 15.23g (5.54%), Sugar: 6.36g (7.07%), Cholesterol: 81.65mg (27.22%), Sodium: 1491.6mg (64.85%), Alcohol: 6.18g (100%), Alcohol %: 1.49% (100%), Protein: 22.6g (45.2%), Folate: 177.8µg (44.45%), Vitamin B3: 7.45mg (37.25%), Vitamin B6: 0.71mg (35.44%), Manganese: 0.7mg (34.86%), Vitamin C: 28.59mg (34.66%), Fiber: 8.33g (33.31%), Vitamin B1: 0.47mg (31.21%), Potassium: 1022.54mg (29.22%), Phosphorus: 286.93mg (28.69%), Vitamin A: 1381.93IU (27.64%), Zinc: 3.29mg (21.96%), Vitamin B2: 0.36mg (21.38%), Magnesium: 79.08mg (19.77%), Vitamin K: 20.57µg (19.59%), Iron: 3.17mg (17.62%), Vitamin E: 2.57mg (17.1%), Vitamin B12: 1.02µg (17.01%), Copper: 0.29mg (14.38%), Vitamin B5: 1.26mg (12.55%), Calcium: 105.26mg (10.53%), Vitamin D: 1.47µg (9.83%), Selenium: 2.05µg (2.92%)