






 **51%**
HEALTH SCORE

Sausage and Bean Ragù on Quinoa Macaroni

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound ground sausage italian
- 29 ounce tomatoes diced undrained canned
- 32 ounce cannellini beans white rinsed drained canned
- 0.5 cup wine dry white
- 0.5 cup fat-skimmed beef broth fat-free
- 0.5 teaspoon fennel seeds
- 2 garlic clove minced

- 1 tablespoon olive oil
- 1 cup onion finely chopped (1 medium)
- 16 ounce quinoa
- 2 ounces pecorino cheese shaved

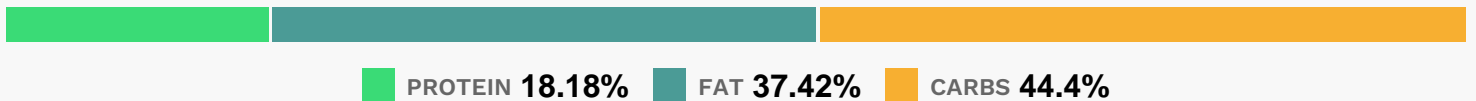
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes.
- Add sausage; cook until browned, stirring to crumble. Stir in wine, scraping pan to loosen browned bits.
- Add broth and next 4 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 15 minutes.
- Add pasta, stirring well. Top evenly with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:6.49, Inflammation Score:-8, Nutrition Score:29.743913204126%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 617.05kcal (30.85%), Fat: 25.4g (39.07%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 56.93g (20.7%), Sugar: 3.85g (4.28%), Cholesterol: 50.46mg (16.82%), Sodium: 714.84mg (31.08%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 27.75g (55.51%), Manganese: 1.92mg (96.19%), Phosphorus: 528.13mg (52.81%), Magnesium: 196.1mg (49.02%), Folate: 195.41µg (48.85%), Vitamin B1: 0.7mg (46.46%), Iron: 7.86mg (43.65%), Fiber: 10.86g (43.44%), Copper: 0.73mg (36.58%), Potassium: 1226.87mg (35.05%), Vitamin B6: 0.69mg (34.75%), Selenium: 22.36µg (31.95%), Zinc: 4.44mg (29.59%), Vitamin B2: 0.41mg (24.25%), Calcium: 236.57mg (23.66%), Vitamin E: 3.25mg (21.68%), Vitamin B3: 3.7mg (18.51%), Vitamin C: 12.43mg (15.07%), Vitamin B5: 1.14mg (11.42%), Vitamin B12: 0.62µg (10.4%), Vitamin K: 7.73µg (7.37%), Vitamin A: 158.57IU (3.17%)