



Sausage Ragout with Linguine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound linguine cooked
- ☐ 0.5 cup wine dry red
- ☐ 0.5 cup parsley fresh chopped for garnish
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper diced green
- ☐ 1 pound ground sausage sweet italian hot
- ☐ 1 cup tomatoes prepared
- ☐ 0.3 cup olive oil

- ☐ 1 large onion diced
- ☐ 6 plum tomatoes italian ripe cut into 8 pieces each
- ☐ 2 bell pepper diced red

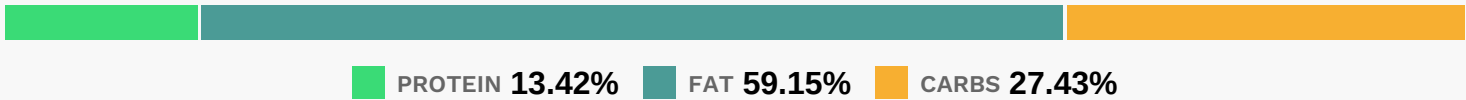
Equipment

- ☐ pot

Directions

- ☐ Cut sausages into 1/2-inch slices.
- ☐ Heat oil in a large skillet over medium heat. Cook the sausage in batches until browned.
- ☐ Transfer to a large, heavy pot.
- ☐ Add the onion and garlic to the sausage; cook, stirring, for 5 minutes over low heat.
- ☐ Raise the heat to medium and add the peppers. Cook, stirring, for 7 minutes.
- ☐ Stir in the tomatoes, marinara sauce, wine, and chopped parsley; season with salt and pepper. Simmer, covered, stirring occasionally, for 30 minutes.
- ☐ Serve over pasta; sprinkle with 2 tablespoons parsley.
- ☐ Per serving (with pork): 1450 calories, 104g carbohydrates, 50g protein, 89g fat, 170mg cholesterol.
- ☐ Parade

Nutrition Facts



Properties

Glycemic Index:72.63, Glycemic Load:20.06, Inflammation Score:-10, Nutrition Score:35.000869813173%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 16.18mg, Apigenin:

16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg
Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.48mg,
Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin:
1.36mg, Myricetin: 1.36mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 789.31kcal (39.47%), Fat: 50.79g (78.14%), Saturated Fat: 14.97g (93.58%), Carbohydrates: 52.99g
(17.66%), Net Carbohydrates: 46.23g (16.81%), Sugar: 10.15g (11.28%), Cholesterol: 86.18mg (28.73%), Sodium:
1134.63mg (49.33%), Alcohol: 3.15g (100%), Alcohol %: 0.71% (100%), Protein: 25.92g (51.84%), Vitamin C: 132.75mg
(160.91%), Vitamin K: 145.49µg (138.56%), Selenium: 58.97µg (84.24%), Vitamin A: 3645.65IU (72.91%), Vitamin B1:
0.79mg (52.85%), Vitamin B6: 0.85mg (42.33%), Manganese: 0.8mg (39.96%), Vitamin B3: 6.18mg (30.9%),
Phosphorus: 305.36mg (30.54%), Vitamin E: 4.51mg (30.08%), Potassium: 1021.18mg (29.18%), Fiber: 6.76g
(27.03%), Iron: 4.64mg (25.77%), Zinc: 3.26mg (21.7%), Folate: 85.4µg (21.35%), Vitamin B2: 0.35mg (20.54%),
Copper: 0.39mg (19.55%), Magnesium: 73.82mg (18.45%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.28mg (12.83%),
Calcium: 76.09mg (7.61%)