



Sausage Stir Fry with Bow Tie Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



968 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce baby portobello mushrooms sliced
- 1 teaspoon basil
- 8 ounce tomato sauce canned
- 15 ounce canned tomatoes diced canned
- 16 ounce farfalle pasta (bow tie)
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 2 tablespoons olive oil
- 1 onion chopped

- 1 teaspoon oregano
- 0.3 cup parmesan cheese grated
- 1 bell pepper red cut into strips
- 0.5 teaspoon salt
- 16 ounce kielbasa sausage cut into 1/4-inch slices
- 6 ounce tomato paste canned
- 4 small zucchini cut into 1/4-inch slices

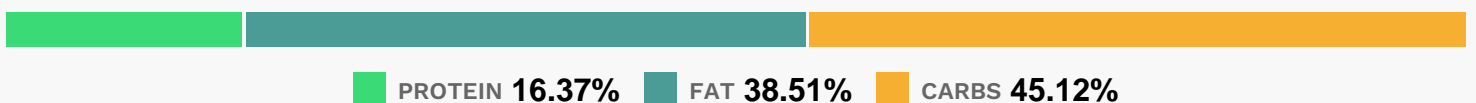
Equipment

- frying pan
- pot
- slotted spoon

Directions

- Cook and stir sausage slices in a skillet over medium heat until cooked through, 5 to 10 minutes.
- Transfer sausage to a plate using a slotted spoon and set aside.
- Bring a large pot of lightly salted water to a boil. Cook bow-tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain.
- Heat oil in the same skillet used for sausage over medium heat; cook and stir onion, zucchini, mushrooms, red bell pepper, and garlic in the hot oil until tender, about 10 minutes.
- Add cooked sausage, diced tomatoes, tomato sauce, tomato paste, basil, oregano, salt, and black pepper to vegetable mixture; cook until sauce and sausage are heated through, 5 to 10 minutes.
- Stir pasta into sauce and mix well; top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:39.62, Inflammation Score:-10, Nutrition Score:42.864347913991%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 968.33kcal (48.42%), Fat: 41.82g (64.34%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 110.24g (36.75%), Net Carbohydrates: 99.78g (36.28%), Sugar: 18.07g (20.08%), Cholesterol: 87.08mg (29.03%), Sodium: 1609.55mg (69.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.01%), Selenium: 83.76µg (119.65%), Vitamin C: 80.41mg (97.47%), Manganese: 1.79mg (89.32%), Vitamin B3: 12.45mg (62.27%), Vitamin B6: 1.2mg (60.03%), Phosphorus: 581.04mg (58.1%), Potassium: 1734.63mg (49.56%), Copper: 0.96mg (47.81%), Vitamin B1: 0.65mg (43.56%), Fiber: 10.46g (41.82%), Vitamin A: 1884.03IU (37.68%), Zinc: 5.62mg (37.5%), Magnesium: 146.36mg (36.59%), Iron: 6.28mg (34.91%), Vitamin B2: 0.55mg (32.16%), Vitamin E: 4.78mg (31.86%), Vitamin B5: 2.73mg (27.34%), Folate: 106.82µg (26.71%), Vitamin K: 24.66µg (23.49%), Calcium: 189.83mg (18.98%), Vitamin B12: 1.07µg (17.83%), Vitamin D: 1.63µg (10.89%)