



Sausage Stir Fry with Bow Tie Pasta

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

646 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

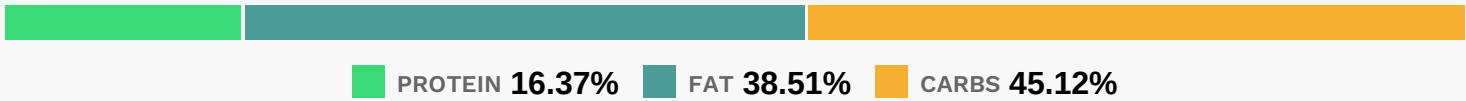
Equipment

- ☐ 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:67, Glycemic Load:26.41, Inflammation Score:-9, Nutrition Score:29.146087107451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 645.55kcal (32.28%), Fat: 27.88g (42.89%), Saturated Fat: 8.32g (51.97%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 66.52g (24.19%), Sugar: 12.05g (13.39%), Cholesterol: 58.06mg (19.35%), Sodium: 1073.03mg (46.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.34%), Selenium: 55.84µg (79.77%), Vitamin C: 53.61mg (64.98%), Manganese: 1.19mg (59.55%), Vitamin B3: 8.3mg (41.52%), Vitamin B6: 0.8mg (40.02%), Phosphorus: 387.36mg (38.74%), Potassium: 1156.42mg (33.04%), Copper: 0.64mg (31.87%), Vitamin B1: 0.44mg (29.04%), Fiber: 6.97g (27.88%), Vitamin A: 1256.02IU (25.12%), Zinc: 3.75mg (25%), Magnesium: 97.57mg (24.39%), Iron: 4.19mg (23.27%), Vitamin B2: 0.36mg (21.44%), Vitamin E: 3.19mg (21.24%), Vitamin B5: 1.82mg (18.23%), Folate: 71.21µg (17.8%), Vitamin K: 16.44µg (15.66%), Calcium: 126.56mg (12.66%), Vitamin B12: 0.71µg (11.88%), Vitamin D: 1.09µg (7.26%)