



## Sausages, Potatoes, and Artichoke Hearts in Tomato Broth

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups chicken broth low-sodium homemade canned
- 0.5 teaspoon thyme leaves dried
- 0.3 cup cooking wine dry white
- 6 tablespoons parsley fresh chopped
- 3 cloves garlic cut into thin slices
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon olive oil

- 1.5 pounds potatoes boiling cut into 1-inch chunks ( 5)
- 0.5 teaspoon salt
- 1.5 pounds mild sausages italian
- 1 cup tomatoes in purée thick canned crushed

## Equipment

- pot

## Directions

- In a large stainless-steel pot, heat the oil over moderately high heat.
- Add the sausages and brown well, about 10 minutes.
- Remove.
- Pour off all but 1 tablespoon of the fat.
- Reduce the heat to moderate.
- Add the garlic, potatoes, and thyme. Cook, stirring occasionally, until the potatoes are lightly browned, about 5 minutes.
- Add the wine and boil until reduced to approximately 3 tablespoons, 2 to 3 minutes.
- Stir in the broth, tomatoes, artichoke hearts, 4 tablespoons of the parsley, the salt, and the sausages. Bring to a simmer and cook, partially covered, until the potatoes are tender, about 30 minutes.
- Add the remaining 2 tablespoons parsley and the pepper.
- Variations: Substitute: \* Rosemary for the thyme \* Red wine for the white wine \* Hot Italian sausage for the mild
- Wine Recommendation: This dish suggests cabernet sauvignon or sangiovese as a wine partner. You can have both in Carmignano, a rich Tuscan red based on the two grapes. Many good Chianti Classicos also have a high percentage of cabernet sauvignon and will work well here.

## Nutrition Facts

**PROTEIN 15.5%** **FAT 66.43%** **CARBS 18.07%**

## Properties

Glycemic Index:43.75, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:31.064782640208%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 792.59kcal (39.63%), Fat: 57.72g (88.8%), Saturated Fat: 19.89g (124.28%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 30.93g (11.25%), Sugar: 5.22g (5.8%), Cholesterol: 129.27mg (43.09%), Sodium: 1671.63mg (72.68%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 30.29g (60.59%), Vitamin K: 111.32µg (106.02%), Vitamin B1: 1.16mg (77.39%), Selenium: 43.76µg (62.52%), Vitamin B6: 0.94mg (47.11%), Vitamin B3: 9.36mg (46.79%), Potassium: 1505.88mg (43.03%), Phosphorus: 397.95mg (39.8%), Vitamin C: 32.34mg (39.2%), Manganese: 0.56mg (28.11%), Vitamin B12: 1.62µg (27.03%), Iron: 4.86mg (26.97%), Copper: 0.53mg (26.67%), Zinc: 3.97mg (26.46%), Vitamin B2: 0.4mg (23.79%), Magnesium: 80.35mg (20.09%), Fiber: 4.4g (17.58%), Vitamin B5: 1.56mg (15.6%), Folate: 61.86µg (15.47%), Vitamin A: 653.74IU (13.07%), Vitamin E: 1.34mg (8.91%), Calcium: 88.98mg (8.9%)