



Sweet Italian Sausage Ragout with Linguine

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup tomatoes
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 16 ounce linguine pasta
- ☐ 1 pound pork sausage sweet italian cut into 1/2-inch slices
- ☐ 2 bell peppers red chopped
- ☐ 0.5 cup red wine

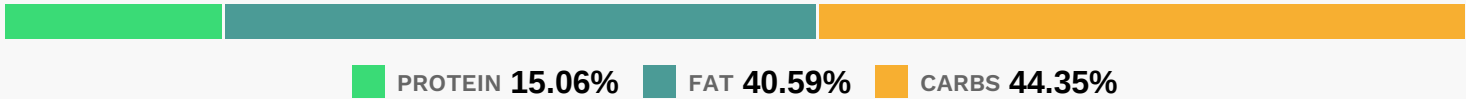
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Heat the olive oil in a Dutch oven or large skillet over medium-high heat. Cook the sausage in batches until browned on both sides, about 5 minutes.
- ☐ Transfer the cooked sausage to a plate while cooking the remaining sausage. Return all the sausage to the Dutch oven, and add the onion and garlic. Cook and stir until the onion is translucent, about 5 minutes. Stir in the red and green bell peppers. Cook until the peppers are tender, 7 to 10 more minutes.
- ☐ Stir in the diced tomatoes, marinara sauce, red wine, and parsley. Season with salt and pepper. Cover and simmer, stirring occasionally, until all the vegetables are tender, about 30 minutes.
- ☐ While sauce is simmering, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Serve the sauce over the linguine.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:26.15, Inflammation Score:-9, Nutrition Score:30.900870095129%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 649.46kcal (32.47%), Fat: 28.74g (44.22%), Saturated Fat: 7.92g (49.52%), Carbohydrates: 70.66g (23.55%), Net Carbohydrates: 64.51g (23.46%), Sugar: 9.87g (10.97%), Cholesterol: 54.43mg (18.14%), Sodium: 776.53mg (33.76%), Alcohol: 2.12g (100%), Alcohol %: 0.71% (100%), Protein: 23.99g (47.97%), Vitamin C: 85.38mg (103.49%), Vitamin K: 95.15µg (90.62%), Selenium: 48.86µg (69.8%), Manganese: 1.04mg (51.96%), Vitamin A: 2118.94IU (42.38%), Vitamin B6: 0.71mg (35.31%), Vitamin B3: 6.72mg (33.58%), Phosphorus: 309.37mg (30.94%), Vitamin B1: 0.39mg (25.98%), Potassium: 893.5mg (25.53%), Fiber: 6.15g (24.6%), Copper: 0.49mg (24.29%), Vitamin E: 3.42mg (22.83%), Zinc: 3.25mg (21.66%), Iron: 3.87mg (21.51%), Magnesium: 85.17mg (21.29%), Vitamin B2: 0.26mg (15.22%), Folate: 59.79µg (14.95%), Vitamin B5: 1.36mg (13.62%), Vitamin B12: 0.64µg (10.71%), Calcium: 73.93mg (7.39%), Vitamin D: 0.98µg (6.55%)