



Sweet Sausage Marsala

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper black
- 14.5 ounce canned tomatoes diced italian-style undrained canned
- 16 ounce farfalle pasta (bow tie)
- 1 clove garlic minced
- 1 medium bell pepper green sliced
- 0.5 large onion sliced
- 1 pinch oregano dried
- 1 medium bell pepper red sliced

1 pound mild sausage links italian

0.3 cup water

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.

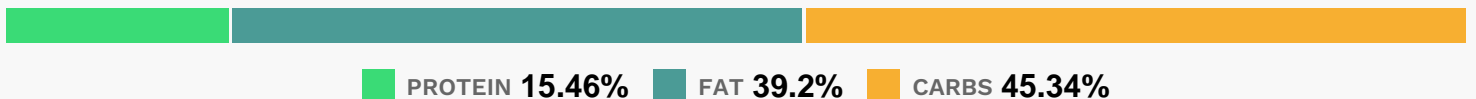
Place whole sausages and 1/3 cup water in a skillet over medium-high heat. Cover, and cook 5 to 8 minutes.

Drain and thinly slice.

Return sausage to skillet. Stir in garlic, onions, peppers, and Marsala wine. Cook over medium-high heat, stirring frequently, until sausage is cooked through. Stir in diced tomatoes, black pepper, and oregano. Cook about 2 minutes more, then remove from heat.

Serve over cooked pasta.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:24.85, Inflammation Score:-8, Nutrition Score:22.51913033361%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 578.92kcal (28.95%), Fat: 25.13g (38.66%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 65.41g (21.8%), Net Carbohydrates: 60.7g (22.07%), Sugar: 6.88g (7.64%), Cholesterol: 57.46mg (19.15%), Sodium: 650.24mg (28.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.59%), Selenium: 67.09µg (95.85%),

Vitamin C: 50.23mg (60.88%), Manganese: 0.94mg (46.82%), Vitamin B1: 0.58mg (38.51%), Phosphorus: 285.72mg (28.57%), Vitamin B6: 0.56mg (28.02%), Vitamin B3: 4.89mg (24.44%), Copper: 0.43mg (21.48%), Fiber: 4.71g (18.84%), Potassium: 657.83mg (18.8%), Zinc: 2.71mg (18.06%), Magnesium: 70.3mg (17.57%), Vitamin A: 842.33IU (16.85%), Iron: 2.96mg (16.45%), Vitamin B2: 0.23mg (13.79%), Vitamin B12: 0.69µg (11.47%), Folate: 42.1µg (10.53%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.33mg (8.88%), Calcium: 60.66mg (6.07%), Vitamin K: 6.34µg (6.03%)