

**12%**
HEALTH SCORE

Tim's Sausage Stew

READY IN

**50 min.**

SERVINGS

**6**

CALORIES

**569 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup pasta
- 1 tablespoon butter
- 28 ounce frangelico diced with juice peeled canned
- 8 cups chicken broth
- 1 teaspoon basil dried
- 1 tablespoon flour all-purpose
- 1 tablespoon oregano dried
- 2 pounds sausage sliced into coin size pieces
- 3 zucchini sliced

Equipment

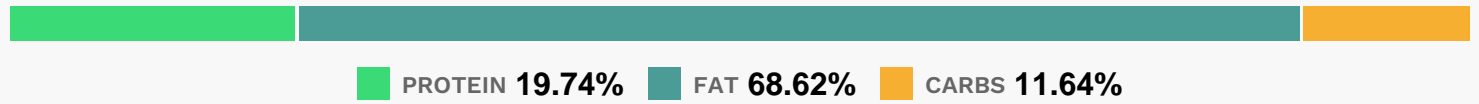
pot

Directions

In a large pot, melt butter and brown the sausage slices; drain fat. Stir flour into sausage then mix in chicken broth, tomatoes, basil and oregano; bring to boil. Lower heat and simmer approximately 20 minutes or until sausage is fully cooked.

Add zucchini slices and pasta. Continue cooking until zucchini and pasta are done.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:4.81, Inflammation Score:-8, Nutrition Score:16.878695674565%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 568.99kcal (28.45%), Fat: 43.29g (66.59%), Saturated Fat: 14.64g (91.5%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 14.59g (5.31%), Sugar: 4.33g (4.82%), Cholesterol: 120.15mg (40.05%), Sodium: 2147.29mg (93.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.02%), Vitamin B3: 8.36mg (41.8%), Vitamin B1: 0.54mg (35.82%), Vitamin B6: 0.63mg (31.7%), Vitamin B2: 0.47mg (27.93%), Phosphorus: 257.49mg (25.75%), Zinc: 3.86mg (25.73%), Vitamin C: 18.62mg (22.57%), Vitamin B12: 1.35µg (22.53%), Potassium: 703.93mg (20.11%), Manganese: 0.39mg (19.58%), Iron: 3.23mg (17.97%), Vitamin D: 1.97µg (13.1%), Vitamin B5: 1.26mg (12.6%), Vitamin K: 13.02µg (12.4%), Magnesium: 45.7mg (11.42%), Copper: 0.21mg (10.47%), Vitamin A: 389.39IU (7.79%), Fiber: 1.93g (7.71%), Folate: 29.88µg (7.47%), Calcium: 59.61mg (5.96%), Vitamin E: 0.76mg (5.03%), Selenium: 1.94µg (2.77%)