**Question:** Write a function to sort a list of integers in ascending order using the Insertion Sort algorithm, and also return the number of swaps made during the sorting process**.**

**Sample input:**

Number of elements: 7

Unsorted List: [90, 25, 64, 11, 22, 34, 12]

**Sample output:**

Sorted list: [11, 12, 22, 25, 34, 64, 90]

Swaps: 15