



Autumn Ragout



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups butternut squash cubed peeled seeded ()
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 12 oz mild chicken sausage
- ☐ 1.5 cups fennel bulb chopped (1 large bulb)
- ☐ 4 teaspoons sage fresh finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 leaves sage fresh
- ☐ 0.5 teaspoon salt

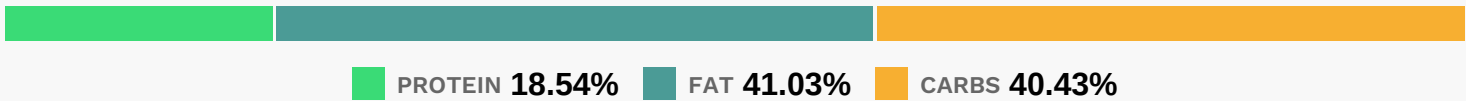
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium heat. Cook onion in oil 5 minutes, stirring occasionally, until tender.
- ☐ Add the squash and fennel. Cook 10 minutes, stirring occasionally, until fennel is golden brown.
- ☐ Cut each sausage in half lengthwise, then into 1/2-inch pieces.
- ☐ Add sausage and broth to squash mixture.
- ☐ Heat to boiling; reduce the heat to low. Cover; cook 10 minutes, stirring occasionally, until vegetables are tender.
- ☐ Stir in beans, chopped sage, salt and pepper. Cook 2 to 3 minutes longer or until thoroughly heated.
- ☐ Garnish with sage leaves.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:21.944782697636%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 325.53kcal (16.28%), Fat: 15.53g (23.9%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 27.67g (10.06%), Sugar: 5.66g (6.29%), Cholesterol: 40.81mg (13.6%), Sodium: 939.56mg (40.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Copper: 4.33mg (216.6%), Vitamin A: 10153.12IU (203.06%), Manganese: 0.82mg (40.99%), Vitamin C: 25.96mg (31.47%), Fiber: 6.76g (27.04%), Potassium: 813.83mg (23.25%), Folate: 84.77µg (21.19%), Iron: 3.73mg (20.73%), Vitamin E: 3.06mg (20.42%), Vitamin K: 21.39µg (20.37%), Magnesium: 78.54mg (19.63%), Vitamin B1: 0.19mg (12.95%), Vitamin B6: 0.26mg (12.78%), Calcium: 127.68mg (12.77%), Phosphorus: 120.1mg (12.01%), Vitamin B3: 1.47mg (7.37%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.61mg (6.1%), Vitamin B2: 0.09mg (5.16%), Selenium: 2.12µg (3.03%)