



Awesome Greens and Beans

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bulk pork sausage
- 14.5 ounce cannellini beans rinsed drained canned
- 14.5 ounce canned tomatoes diced canned
- 1 cup chicken broth
- 0.3 teaspoon ground pepper black
- 0.3 cup olive oil extra-virgin
- 0.3 cup parmesan cheese grated

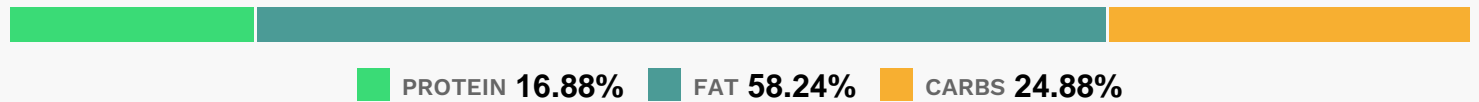
Equipment

pot

Directions

- Heat the olive oil in a large pot over medium heat, and brown the sausage, breaking it apart into crumbles as it cooks.
- Pour in chicken broth, and bring to a boil.
- Lightly pile in as many mustard greens as will comfortably fit in the pot, and allow to wilt, stirring often; when they have wilted, place more mustard greens into the pot and allow to wilt, until all greens have been added. Stir in the beans, diced tomatoes, salt, and black pepper. Bring back to a boil, and simmer until greens are cooked and tender, about 10 minutes.
- Remove from heat and stir in Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:14.433043376259%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 384.53kcal (19.23%), Fat: 25.35g (39.01%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 18.76g (6.82%), Sugar: 3.82g (4.25%), Cholesterol: 39.4mg (13.13%), Sodium: 691.57mg (30.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.07%), Manganese: 0.53mg (26.41%), Phosphorus: 243.66mg (24.37%), Fiber: 5.62g (22.46%), Vitamin B1: 0.32mg (21.05%), Folate: 78.15µg (19.54%), Potassium: 664.11mg (18.97%), Vitamin E: 2.72mg (18.15%), Vitamin B3: 3.63mg (18.13%), Vitamin B6: 0.35mg (17.75%), Magnesium: 67.7mg (16.92%), Iron: 3mg (16.65%), Copper: 0.32mg (16.15%), Zinc: 2.06mg (13.76%), Calcium: 136.97mg (13.7%), Vitamin B2: 0.2mg (11.67%), Vitamin C: 8.95mg (10.85%), Vitamin K: 11.32µg (10.78%), Selenium: 6.39µg (9.13%), Vitamin B12: 0.49µg (8.08%), Vitamin B5: 0.79mg (7.89%), Vitamin A: 269.93IU (5.4%), Vitamin D: 0.62µg (4.15%)