



Bean and Sausage Stew



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 19 ounce beans white drained canned
- ☐ 14.5 ounce chicken broth low-sodium canned
- ☐ 13 ounce mild chicken sausage sliced
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 bunch kale
- ☐ 0.3 teaspoon kosher salt

☐ 1 tablespoon olive oil

Equipment

☐ bowl

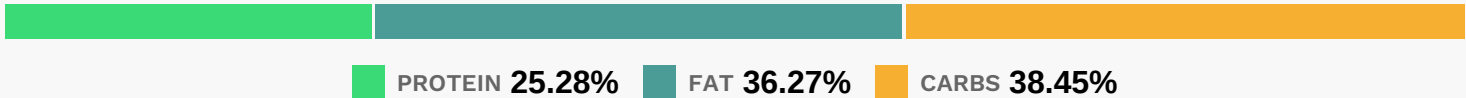
☐ frying pan

☐ dutch oven

Directions

- ☐ Heat the oil in a Dutch oven over medium heat.
- ☐ Add the sausage and cook, without stirring, until browned, about 3 minutes. Turn, add the garlic, and cook for 2 minutes more.
- ☐ Add the beans, broth, and tomatoes and their juices. Increase heat to medium-high and bring to a simmer.Fold each kale leaf in half lengthwise and remove the stem by ripping or cutting it. Tear each leaf into large pieces.
- ☐ Add the kale to the pan and cook, stirring occasionally, until wilted, 2 to 3 minutes.
- ☐ Remove from heat. Season with the salt and pepper and spoon into individual bowls.
- ☐ Serve with the bread (if using).

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:9.14, Inflammation Score:-10, Nutrition Score:27.405652025472%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 431.98kcal (21.6%), Fat: 18.28g (28.13%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 33.8g (12.29%), Sugar: 6.43g (7.14%), Cholesterol: 65.05mg (21.68%), Sodium: 1278.68mg (55.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.34%), Vitamin K: 138.44µg (131.85%),

Vitamin A: 3793.76IU (75.88%), Manganese: 1.14mg (56.86%), Vitamin C: 41.57mg (50.38%), Fiber: 9.81g (39.25%), Iron: 6.94mg (38.55%), Potassium: 1121.69mg (32.05%), Folate: 121.11µg (30.28%), Copper: 0.58mg (28.82%), Magnesium: 101.58mg (25.39%), Calcium: 223.3mg (22.33%), Phosphorus: 206.62mg (20.66%), Vitamin E: 3.07mg (20.46%), Vitamin B6: 0.33mg (16.61%), Vitamin B1: 0.25mg (16.41%), Vitamin B3: 3.21mg (16.06%), Vitamin B2: 0.25mg (14.63%), Zinc: 2.03mg (13.56%), Vitamin B5: 0.58mg (5.75%), Selenium: 3.28µg (4.69%), Vitamin B12: 0.1µg (1.71%)