



Beans with Kale and Portuguese Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pepper red crushed
- ☐ 4 cups mustard greens
- ☐ 1 bay leaves
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 10 ounces cannellini beans dried white drained (kidney)
- ☐ 1 cup wine dry white
- ☐ 4 garlic clove smashed
- ☐ 8 servings pepper freshly ground

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil plus more for drizzling
- ☐ 0.5 medium onion sliced
- ☐ 1 small piece beef
- ☐ 8 ounces sausage thick sliced (such as linguiça)
- ☐ 1 sprig thyme leaves

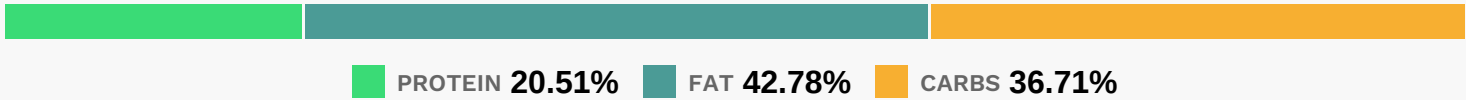
Equipment

- ☐ pot

Directions

- ☐ Heat 1/4 cup oil in a large heavy pot over medium heat.
- ☐ Add sausage and cook, turning occasionally, until browned, about 5 minutes.
- ☐ Add onion and garlic; season with salt and pepper. Cook, stirring occasionally, until onion begins to soften, about 5 minutes.
- ☐ Add wine and cook, scraping up browned bits from bottom of pot and stirring occasionally, until wine is reduced by half, about 3 minutes.
- ☐ Add Parmesan rind, if using, chiles, thyme, bay leaf, broth, tomatoes, and beans. Bring to a boil, reduce heat, cover, and simmer gently, stirring occasionally and adding water as needed to keep beans submerged, until beans are tender, 1-1 1/2 hours.
- ☐ Mix in kale and lemon juice; season with salt and pepper.
- ☐ Serve beans drizzled with oil.
- ☐ DO AHEAD: Beans can be cooked 3 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:22.500434771828%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg Kaempferol: 11.98mg, Kaempferol: 11.98mg, Kaempferol: 11.98mg, Kaempferol: 11.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 338.11kcal (16.91%), Fat: 15.6g (24%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 22.62g (8.23%), Sugar: 4.25g (4.73%), Cholesterol: 20.5mg (6.83%), Sodium: 299.85mg (13.04%), Alcohol: 3.09g (100%), Alcohol %: 1.26% (100%), Protein: 16.83g (33.66%), Vitamin K: 81.58µg (77.7%), Manganese: 0.82mg (41.04%), Folate: 150.19µg (37.55%), Vitamin C: 26.6mg (32.24%), Potassium: 1113.48mg (31.81%), Iron: 5.62mg (31.2%), Fiber: 7.5g (30%), Copper: 0.58mg (29.11%), Magnesium: 96.69mg (24.17%), Phosphorus: 224mg (22.4%), Vitamin B3: 4.06mg (20.29%), Vitamin B1: 0.3mg (20.23%), Vitamin A: 997.32IU (19.95%), Vitamin B6: 0.39mg (19.3%), Vitamin E: 2.34mg (15.63%), Zinc: 2.32mg (15.49%), Calcium: 150.93mg (15.09%), Vitamin B2: 0.19mg (11.16%), Selenium: 5.42µg (7.74%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.36µg (6.03%), Vitamin D: 0.37µg (2.46%)