



Braised Sausage and Beans



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 10 oz candied pecans frozen
- ☐ 14 oz kielbasa fully cooked halved lengthwise cut into 4 pieces,
- ☐ 31 oz great northern beans rinsed drained canned
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 0.3 teaspoon thyme leaves dried

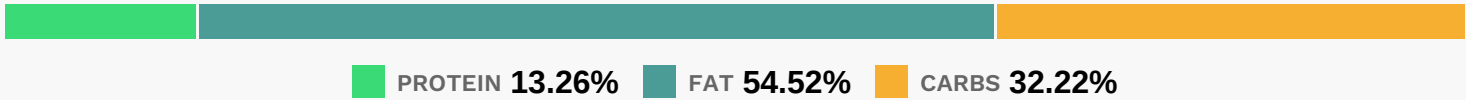
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Add onion, garlic, frozen carrots and sausage; cook 5 to 7 minutes, stirring occasionally, until onion and carrots are tender and sausage is no longer pink.
- ☐ Stir in beans, chicken broth and thyme.
- ☐ Heat to boiling. Cover; reduce heat to medium-low, and cook about 5 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:24.137391479767%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 996kcal (49.8%), Fat: 60.69g (93.37%), Saturated Fat: 13.58g (84.85%), Carbohydrates: 80.7g (26.9%), Net Carbohydrates: 67.02g (24.37%), Sugar: 26.3g (29.22%), Cholesterol: 70.04mg (23.35%), Sodium: 1266.57mg (55.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Vitamin B1: 0.83mg (55.38%), Fiber: 13.68g (54.74%), Manganese: 1.01mg (50.58%), Folate: 183.85µg (45.96%), Phosphorus: 443.15mg (44.32%), Selenium: 27µg (38.57%), Iron: 5.88mg (32.68%), Magnesium: 128.81mg (32.2%), Potassium: 1047.6mg (29.93%), Vitamin B6: 0.46mg (23.22%), Copper: 0.46mg (22.91%), Zinc: 3.42mg (22.78%), Vitamin B3: 4.53mg (22.65%), Calcium: 186.96mg (18.7%), Vitamin B2: 0.3mg (17.86%), Vitamin B12: 0.98µg (16.3%), Vitamin B5: 1.09mg (10.94%), Vitamin C: 6mg (7.27%), Vitamin K: 6.36µg (6.06%), Vitamin E: 0.3mg (1.97%)