



Cannellini Bean and Sausage Gratin

READY IN



30 min.

SERVINGS



6

CALORIES



571 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce .5 can cannellini beans drained canned
- ☐ 0.5 cup chicken broth
- ☐ 1 small bulb fennel chopped
- ☐ 5 cloves garlic minced
- ☐ 1 pound sausages sweet italian
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup parmesan grated
- ☐ 2 tablespoons sage chopped
- ☐ 0.5 cup seasoned bread crumbs

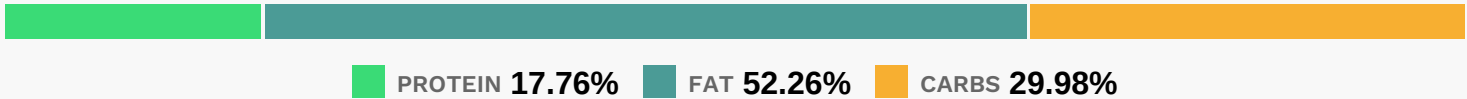
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 F. Lightly coat an 8-by-10-inch baking or gratin dish with 1 tablespoon of the olive oil.In a large skillet, over medium-high heat, crumble the sausages and cook, breaking up, until golden brown, 5 to 7 minutes.
- ☐ Remove the sausage from skillet and set aside.
- ☐ Add the fennel and onion to skillet and cook until translucent, about 5 minutes. Stir in the garlic and sage and cook 1 minute more.
- ☐ Add the Swiss chard, a handful at a time, stirring until slightly wilted. Stir in the broth, beans, sausage, salt, and pepper. Spoon the mixture into the baking dish and set aside.In a small bowl, stir together the bread crumbs and Parmesan with the remaining olive oil.
- ☐ Sprinkle the bread-crumb mixture on top and bake until golden brown and bubbly, about 30 minutes.
- ☐ Serve warm.Tip: The same amount of smoked sausage may be substituted for the Italian sausage in this recipe: Slice it into rounds and chop coarsely. Great Northern beans can be substituted for the cannellini beans.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:8.66, Inflammation Score:-6, Nutrition Score:27.080000066239%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 570.77kcal (28.54%), Fat: 33.33g (51.28%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 34.05g (12.38%), Sugar: 3.24g (3.6%), Cholesterol: 61.72mg (20.57%), Sodium: 1070.27mg (46.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Copper: 6.52mg (326.09%), Manganese: 1.24mg (61.83%), Vitamin B1: 0.69mg (45.93%), Selenium: 25.52µg (36.45%), Vitamin K: 37.88µg (36.08%), Fiber: 8.97g (35.87%), Iron: 6.32mg (35.1%), Phosphorus: 321.57mg (32.16%), Folate: 123.64µg (30.91%), Potassium: 1068.34mg (30.52%), Magnesium: 102.39mg (25.6%), Calcium: 242.59mg (24.26%), Zinc: 3.42mg (22.8%), Vitamin B6: 0.42mg (21.05%), Vitamin B3: 3.58mg (17.88%), Vitamin E: 2.41mg (16.04%), Vitamin B2: 0.27mg (16.03%), Vitamin B12: 0.79µg (13.23%), Vitamin C: 8.23mg (9.97%), Vitamin B5: 0.86mg (8.61%), Vitamin A: 116.74IU (2.33%)