



## Cannellini Bean and Sausage Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce .5 can cannellini beans canned
- 28 ounce canned tomatoes diced canned
- 4 chicken sausage links italian
- 2 medium fennel bulbs chopped
- 10 ounce kale chopped
- 1.5 teaspoons kosher salt
- 1 cup chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin

- 1 medium onion chopped
- 0.5 teaspoon pepper flakes red

## Equipment

- bowl
- frying pan
- oven
- grill
- dutch oven
- grill pan

## Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Spray a grill pan with vegetable oil cooking spray.
- In a Dutch oven, heat the oil over medium-high heat.
- Add the fennel, onion, 1 teaspoon of the salt and the red pepper flakes. Cook, stirring constantly, until the vegetables are soft, about 5 minutes.
- Add the tomatoes (plus juices), beans, kale and broth. Bring the mixture to a boil. Cover the pan with a tight fitting lid and transfer to the oven. Cook until the vegetables are tender and the kale has wilted, 25 to 30 minutes.
- While the stew is cooking, place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Add the sausages and grill, turning occasionally, until cooked through, about 20 minutes. Cool and cut into 1/2-inch-thick slices.
- Remove the pan from the oven and add the cooked sausage slices. Season with the remaining 1/2 teaspoon of salt. Spoon the stew into bowls and serve.

## Nutrition Facts



PROTEIN 21.72%  FAT 36.31%  CARBS 41.97%

## Properties

Glycemic Index:43.25, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:39.557391415472%

## Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg 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: 18.1mg, Isorhamnetin: 18.1mg, Isorhamnetin: 18.1mg, Isorhamnetin: 18.1mg Kaempferol: 33.35mg, Kaempferol: 33.35mg, Kaempferol: 33.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.85mg, Quercetin: 21.85mg, Quercetin: 21.85mg, Quercetin: 21.85mg

## Nutrients (% of daily need)

Calories: 498.8kcal (24.94%), Fat: 21.56g (33.16%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 40.11g (14.59%), Sugar: 16.49g (18.32%), Cholesterol: 60.01mg (20%), Sodium: 2130.31mg (92.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.03%), Vitamin K: 368.07µg (350.55%), Vitamin A: 8038.46IU (160.77%), Vitamin C: 101.72mg (123.3%), Manganese: 1.64mg (82.16%), Fiber: 15.96g (63.84%), Potassium: 1891.14mg (54.03%), Iron: 8.74mg (48.56%), Folate: 175.73µg (43.93%), Calcium: 392.55mg (39.25%), Copper: 0.77mg (38.43%), Vitamin E: 5.58mg (37.17%), Magnesium: 140.92mg (35.23%), Vitamin B6: 0.58mg (29.04%), Phosphorus: 284.15mg (28.42%), Vitamin B2: 0.45mg (26.67%), Vitamin B3: 5mg (25%), Vitamin B1: 0.36mg (23.73%), Zinc: 2.36mg (15.7%), Vitamin B5: 1.12mg (11.2%), Selenium: 4.54µg (6.48%)