



HEALTH SCORE

95%

Cannellini Beans with Grilled Italian Sausage



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 45 oz cannellini beans rinsed drained canned
- ☐ 28 oz canned tomatoes whole drained coarsely chopped canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 bunch endive washed and stemmed
- ☐ 1 tablespoon sage fresh minced
- ☐ 1 clove garlic minced
- ☐ 6 ground sausage sweet italian hot

- ☐ 0.5 cup pepperoncini pepper juice
- ☐ 2.5 teaspoons kosher salt
- ☐ 2.5 tablespoons olive oil
- ☐ 1 onion chopped

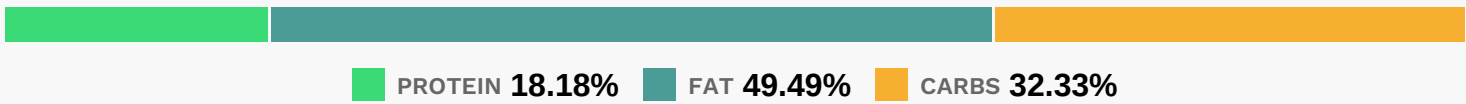
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ In a large nonstick pan, heat 1 1/2 Tbsp. oil and garlic over medium heat for 2 minutes.
- ☐ Add onion; cook until it's translucent, about 4 minutes.
- ☐ Add tomatoes, juice and crushed red pepper, and simmer for 2 minutes.
- ☐ Add beans and salt, stir, cover and simmer for 20 minutes.
- ☐ Heat a grill pan over medium-high heat and coat with cooking spray.
- ☐ Add sausages and cook on all sides until nicely grilled, about 10 minutes.
- ☐ Remove from pan and slice in half lengthwise. Return sausages to pan, cut side down and cook through, 5 minutes.
- ☐ Just before serving, add arugula to beans, stir to combine, cover and cook for 3 minutes, or until arugula wilts.
- ☐ Add sage and remaining 1 Tbsp. oil.
- ☐ Serve with sausage.

Nutrition Facts



Properties

Glycemic Index:67.94, Glycemic Load:22.88, Inflammation Score:-10, Nutrition Score:59.500434377919%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 16.51mg, Kaempferol: 16.51mg, Kaempferol: 16.51mg, Kaempferol: 16.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 1133.65kcal (56.68%), Fat: 63.4g (97.54%), Saturated Fat: 20.59g (128.7%), Carbohydrates: 93.18g (31.06%), Net Carbohydrates: 70.83g (25.76%), Sugar: 14.59g (16.21%), Cholesterol: 127.68mg (42.56%), Sodium: 2992.05mg (130.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.39g (104.78%), Copper: 5.89mg (294.61%), Vitamin K: 204.61µg (194.86%), Manganese: 2.7mg (134.78%), Vitamin B1: 1.5mg (99.96%), Folate: 370.39µg (92.6%), Fiber: 22.35g (89.38%), Iron: 15.47mg (85.92%), Potassium: 2851.04mg (81.46%), Selenium: 48.55µg (69.36%), Magnesium: 256.58mg (64.15%), Phosphorus: 638.28mg (63.83%), Vitamin B6: 1.13mg (56.63%), Vitamin A: 2635.8IU (52.72%), Zinc: 7.87mg (52.46%), Vitamin E: 6.86mg (45.76%), Vitamin B3: 8.71mg (43.53%), Calcium: 431.71mg (43.17%), Vitamin C: 32.57mg (39.48%), Vitamin B2: 0.6mg (35.05%), Vitamin B5: 2.76mg (27.57%), Vitamin B12: 1.53µg (25.48%)