



Cannellini Beans with Sausages and Sage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced with basil and garlic, undrained canned
- ☐ 30 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds turkey sausage sweet italian lean 5 links
- ☐ 2 cups onion diced

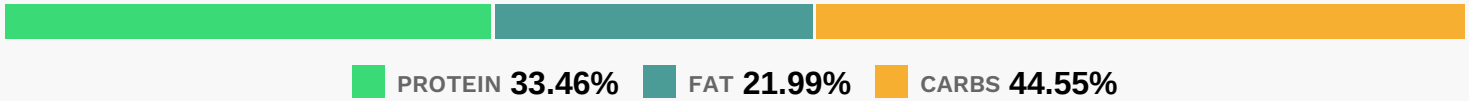
Equipment

☐ frying pan

Directions

- ☐ Heat a large, deep skillet over medium heat; coat pan with cooking spray.
- ☐ Add sausage links, and cook 5 minutes or until browned on all sides.
- ☐ Remove sausage links from pan, and set aside.
- ☐ Add onion and garlic to pan; saut over medium heat 5 minutes or until tender. Stir in beans, tomatoes, and fennel seeds. Bring to a boil; return sausage to pan. Reduce heat and simmer, uncovered, 20 minutes or until sausage is done.
- ☐ Remove from heat; stir in sage.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:13.39, Inflammation Score:-8, Nutrition Score:34.55043463085%

Flavonoids

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: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.02mg, Quercetin: 13.02mg, Quercetin: 13.02mg, Quercetin: 13.02mg

Nutrients (% of daily need)

Calories: 486.35kcal (24.32%), Fat: 12.1g (18.61%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 42.68g (15.52%), Sugar: 10.21g (11.34%), Cholesterol: 102.06mg (34.02%), Sodium: 1028.11mg (44.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.84%), Copper: 4.47mg (223.61%), Manganese: 1.44mg (72.01%), Vitamin B6: 1.05mg (52.61%), Iron: 9.08mg (50.43%), Fiber: 12.47g (49.89%), Potassium: 1703.09mg (48.66%), Phosphorus: 469.18mg (46.92%), Zinc: 6.66mg (44.38%), Vitamin B3: 8.49mg (42.45%), Magnesium: 154.02mg (38.5%), Folate: 150.22µg (37.55%), Vitamin B12: 1.77µg (29.48%), Vitamin B2: 0.49mg (28.55%), Vitamin B1: 0.42mg (28.3%), Vitamin C: 23.08mg (27.97%), Vitamin E: 3.52mg (23.46%), Calcium: 232.24mg (23.22%), Vitamin B5: 2.23mg (22.33%), Vitamin K: 13.63µg (12.98%), Vitamin A: 445.1IU (8.9%), Selenium: 4.25µg (6.07%)