



 **56%**  
HEALTH SCORE

## Cannellini, Sausage, and Sage Stew

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**241 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 16 ounce .5 can cannellini beans rinsed drained canned
- 1 teaspoon thyme leaves dried
- 15.8 ounce less-sodium chicken broth fat-free canned
- 1 teaspoon fennel seeds crushed
- 1 tablespoons sage fresh chopped
- 2 garlic cloves minced
- 7 ounce turkey sausage italian

2 cups plum tomatoes seeded chopped

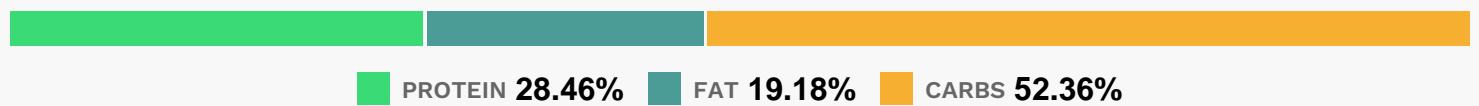
## Equipment

frying pan

## Directions

Remove casings from sausage. Cook sausage and garlic in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in the remaining ingredients. Bring to a boil; lower heat, cover, and simmer 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:7.14, Inflammation Score:-8, Nutrition Score:23.887826069542%

## Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 240.88kcal (12.04%), Fat: 5.28g (8.12%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 24.64g (8.96%), Sugar: 5.22g (5.8%), Cholesterol: 26.29mg (8.76%), Sodium: 929.49mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.26%), Copper: 4.97mg (248.57%), Iron: 9.25mg (51.38%), Manganese: 1.02mg (51.12%), Vitamin C: 31.99mg (38.77%), Fiber: 7.8g (31.21%), Potassium: 952.64mg (27.22%), Folate: 97.31µg (24.33%), Phosphorus: 241.83mg (24.18%), Magnesium: 90.19mg (22.55%), Selenium: 15.52µg (22.17%), Vitamin A: 1068.51IU (21.37%), Vitamin B6: 0.41mg (20.37%), Zinc: 2.63mg (17.55%), Vitamin B3: 3.33mg (16.66%), Vitamin K: 17.35µg (16.53%), Vitamin B1: 0.21mg (13.78%), Calcium: 133.85mg (13.39%), Vitamin B2: 0.18mg (10.61%), Vitamin E: 1.56mg (10.38%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.44µg (7.28%)