



Chicken, Bean and Sausage Casserole

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

READY IN



55 min.

SERVINGS



8

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 oz navy beans rinsed drained canned
- 14.5 oz tomatoes diced undrained canned
- 0.5 teaspoon garlic powder
- 0.5 lb andouille smoked cut into 1/2-inch slices
- 2 lb rotisserie chicken cut cut into 8 serving pieces

Equipment

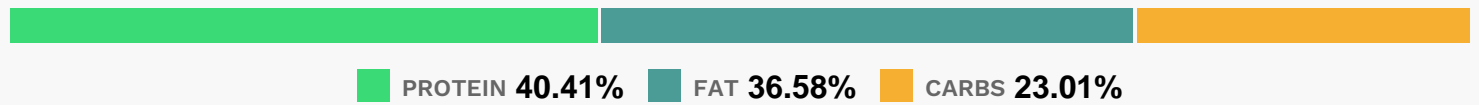
- oven
- aluminum foil

glass baking pan

Directions

- Heat oven to 350°F. In 11x7-inch (2-quart) glass baking dish, stir beans, tomatoes and garlic powder.
- Stir in sausage. Arrange chicken pieces in bean mixture.
- Cover with foil.
- Bake 40 to 45 minutes or until chicken is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:10.774782595427%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 423.47kcal (21.17%), Fat: 17.32g (26.65%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 18.56g (6.75%), Sugar: 1.54g (1.72%), Cholesterol: 128.99mg (43%), Sodium: 1183.76mg (51.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.04g (86.09%), Fiber: 5.95g (23.81%), Manganese: 0.45mg (22.53%), Phosphorus: 183.33mg (18.33%), Folate: 71.25µg (17.81%), Vitamin B1: 0.25mg (16.5%), Iron: 2.76mg (15.33%), Magnesium: 59.16mg (14.79%), Selenium: 9.98µg (14.25%), Copper: 0.27mg (13.73%), Potassium: 458.59mg (13.1%), Vitamin B6: 0.22mg (10.89%), Zinc: 1.49mg (9.96%), Vitamin B3: 1.8mg (9%), Vitamin B2: 0.14mg (7.95%), Vitamin E: 1.18mg (7.87%), Vitamin B12: 0.43µg (7.13%), Calcium: 68.03mg (6.8%), Vitamin C: 5.53mg (6.7%), Vitamin K: 4.57µg (4.36%), Vitamin B5: 0.37mg (3.7%), Vitamin D: 0.31µg (2.08%), Vitamin A: 60.12IU (1.2%)