



WHATSheATE



Cotecchino con Lenticchie (Big Sausage with Lentils)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces brown lentils
- ☐ 1 medium carrots peeled cut into 1/4-inch dice
- ☐ 12 sage leaves fresh
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 tablespoon kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 cup red wine vinegar
- ☐ 2 cotechchino sausages

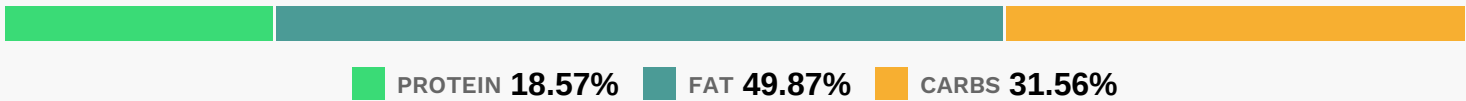
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring 6 cups of water to a boil and add the salt.
- ☐ Add the lentils, carrots, garlic, and sage and boil until the lentils are tender yet firm, about 25 minutes.
- ☐ Drain and place in a mixing bowl.
- ☐ Add the oil and vinegar, season with salt and pepper, and mix well. Set aside.
- ☐ Prick the sausages with a pin several times.
- ☐ Place in a large pot of cold water and bring to a boil over medium heat. Reduce the heat to a very low boil and cover the pot. Cook for 1 1/2 hours.
- ☐ Place the marinated lentils on a large serving platter to form a bed for the cotechchino.
- ☐ Drain the sausages and cut into 1/4-inch rounds. Arrange the sausage on the lentils and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.18, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:12.177826088408%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 230.35kcal (11.52%), Fat: 12.72g (19.56%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 9.2g (3.35%), Sugar: 0.95g (1.05%), Cholesterol: 15.3mg (5.1%), Sodium: 1015.05mg (44.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.31%), Fiber: 8.91g (35.62%), Folate: 137.49µg (34.37%), Vitamin A: 1301.44IU (26.03%), Manganese: 0.43mg (21.3%), Vitamin B1: 0.31mg (20.85%), Copper: 0.35mg (17.7%), Phosphorus: 161.14mg (16.11%), Iron: 2.5mg (13.91%), Zinc: 1.85mg (12.33%), Vitamin B6: 0.24mg (11.91%), Potassium: 355.59mg (10.16%), Magnesium: 39.26mg (9.81%), Vitamin B3: 1.82mg (9.1%), Vitamin E: 1.2mg (8.02%), Vitamin B5: 0.78mg (7.76%), Vitamin K: 6.75µg (6.43%), Vitamin B2: 0.09mg (5.37%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.18µg (3.01%), Vitamin C: 2.12mg (2.57%), Calcium: 23.56mg (2.36%), Vitamin D: 0.28µg (1.84%)