



Escarole with Italian Sausage and White Beans

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

READY IN



45 min.

SERVINGS



12

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 cups endive chopped
- 3 pounds ground sausage italian
- 0.8 cup wine dry white
- 2 ounces pancetta chopped
- 60 ounce great northern beans rinsed drained canned
- 0.5 teaspoon pepper dried red crushed
- 1 cup onion chopped
- 1 tablespoon garlic minced

- 1 cup chicken broth canned
- 3 tablespoons olive oil

Equipment

- bowl
- pot
- slotted spoon

Directions

- Heat oil in heavy large pot over medium-high heat. Working in batches, sauté sausage until cooked through, breaking up with back of spoon, about 6 minutes per batch. Using slotted spoon, transfer sausage to bowl, leaving drippings in pot. Reduce heat to medium; add onion to pot and sauté until translucent, about 5 minutes.
- Add prosciutto and sauté 1 minute.
- Mix in garlic and crushed red pepper.
- Add escarole and sauté until wilted, about 2 minutes.
- Add wine and cook 2 minutes.
- Add beans, stock and sausage and simmer 10 minutes to blend flavors. Season to taste with salt and pepper.
- Transfer to large bowl. Top with grated Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:27.507825721865%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg
Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg,
Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 633.68kcal (31.68%), Fat: 41.69g (64.13%), Saturated Fat: 14.12g (88.28%), Carbohydrates: 34.12g (11.37%),
Net Carbohydrates: 25.62g (9.31%), Sugar: 0.85g (0.95%), Cholesterol: 89.3mg (29.77%), Sodium: 883.79mg
(38.43%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 28.33g (56.65%), Vitamin K: 98.57µg (93.88%),
Vitamin B1: 0.9mg (60.11%), Selenium: 35.16µg (50.23%), Folate: 185.78µg (46.45%), Manganese: 0.87mg (43.35%),
Phosphorus: 386.01mg (38.6%), Fiber: 8.51g (34.03%), Potassium: 975.98mg (27.89%), Vitamin B6: 0.55mg
(27.34%), Vitamin B3: 5.01mg (25.06%), Magnesium: 98.3mg (24.58%), Zinc: 3.41mg (22.72%), Iron: 4.08mg
(22.69%), Vitamin B2: 0.32mg (19.05%), Copper: 0.38mg (18.97%), Vitamin A: 929.7IU (18.59%), Vitamin B12: 1.08µg
(17.92%), Vitamin B5: 1.4mg (14.01%), Calcium: 124.16mg (12.42%), Vitamin C: 8.01mg (9.71%), Vitamin E: 0.74mg
(4.95%)