



Fasuleda: Pork and Beans from Emilia



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound borlotti beans rinsed drained
- ☐ 2 garlic cloves chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped
- ☐ 0.5 pound pork sausage
- ☐ 6 servings salt and pepper

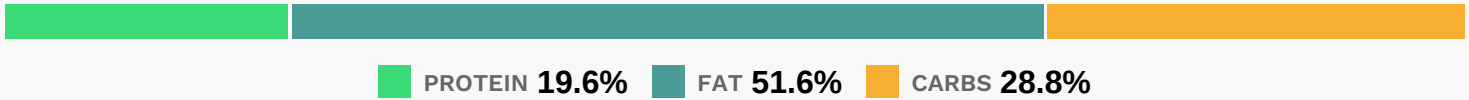
Equipment

- ☐ frying pan

Directions

- ☐ Boil the beans in water for 45 minutes.
- ☐ Drain the beans and set aside.
- ☐ In a large, heavy-bottomed skillet, heat the olive oil over medium heat.
- ☐ Add the garlic and parsley and cook, stirring, for 5 minutes.
- ☐ Add the sausage and increase heat to high, browning the sausage on all sides. Season with salt and pepper, add beans and cook 10 more minutes, until well amalgamated. Season with salt and pepper and serve with pheasant, as a side dish.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:11.05782601626%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg 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: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 260.95kcal (13.05%), Fat: 15.06g (23.17%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 11.28g (4.1%), Sugar: 0.02g (0.02%), Cholesterol: 27.22mg (9.07%), Sodium: 435.96mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Folate: 158.92µg (39.73%), Fiber: 7.62g (30.5%), Vitamin K: 24.84µg (23.66%), Vitamin B1: 0.27mg (17.72%), Phosphorus: 155.39mg (15.54%), Manganese: 0.3mg (15.05%), Iron: 2.13mg (11.82%), Zinc: 1.71mg (11.39%), Potassium: 397.79mg (11.37%), Magnesium: 44.01mg (11%), Vitamin B3: 2.19mg (10.96%), Copper: 0.2mg (10.24%), Vitamin B6: 0.19mg (9.53%), Vitamin B2: 0.1mg (5.92%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.75mg (5.03%), Calcium: 45.02mg (4.5%), Vitamin B5: 0.45mg (4.46%), Vitamin D: 0.49µg (3.28%), Vitamin C: 2.35mg (2.85%), Vitamin A: 140.76IU (2.82%), Selenium: 1.13µg (1.61%)