



Grilled Sausage with Tuscan Beans

READY IN



35 min.

SERVINGS



4

CALORIES



1169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons torn basil fresh
- 15 ounce .5 can cannellini beans drained and rinsed well canned
- 15 ounce beans red drained and rinsed well canned
- 15 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 8 ounce cream cheese softened
- 1 teaspoon garlic chopped
- 4 servings salt and ground pepper fresh
- 1 teaspoon penzey's southwest seasoning italian

- 1 of lemon zest
- 1 cup tuscan beans with tuscan beans, recipe above
- 0.3 cup olive oil
- 3 pita pockets cut into 8 wedges
- 0.5 medium onion diced red
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper freshly ground
- 3 tablespoons dressing with tuscan beans, recipe above
- 1 pound sausage 6-count package italian hot

Equipment

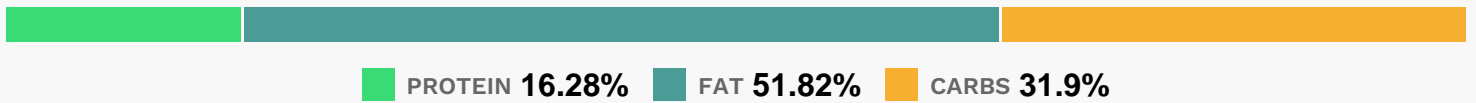
- food processor
- bowl
- baking sheet
- oven
- whisk
- grill

Directions

- Preheat a grill over medium heat.
- Place the sausages on the grill and cook until cooked through, 20 to 25 minutes, turning every 4 to 5 minutes.
- In a large bowl, whisk together the olive oil, red wine vinegar, garlic, Italian seasoning, reserved juice from the can of tomatoes and season with salt and pepper. Reserve 3 tablespoons of the dressing for the Round 2 Recipe Three
- Layer Bean Dip.
- Add the beans, diced tomatoes and basil, and toss to coat. Reserve 1 cup of the bean mixture for the Round 2 Recipe Three
- Layer Bean Dip.
- Serve the remaining beans with the grilled sausage.

- Round 2 Recipe - Three
- Preheat the oven to 350 degrees F.
- Spread the pita wedges on a baking sheet. Toast in the oven until crispy, about 10 minutes.
- Let cool completely
- In a small bowl, combine the cream cheese and lemon zest and mix until smooth.
- Spread the cream cheese mixture into the bottom of a medium dip bowl.
- In the bowl of a food processor, combine the red beans, reserved dressing and a generous pinch of salt and pepper, and puree until smooth. If the mixture is too thick, then add a few tablespoons of water to thin.
- Spread the bean puree over the cream cheese mixture.
- Combine the reserved Tuscan Beans with the red onions and spoon on top of the pureed beans.
- Serve with toasted pita chips on the side.

Nutrition Facts



Properties

Glycemic Index:127.25, Glycemic Load:41.85, Inflammation Score:-9, Nutrition Score:40.645651983178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 1169.04kcal (58.45%), Fat: 68.06g (104.71%), Saturated Fat: 24.63g (153.92%), Carbohydrates: 94.25g (31.42%), Net Carbohydrates: 73.61g (26.77%), Sugar: 11.52g (12.8%), Cholesterol: 146.9mg (48.97%), Sodium: 2273.04mg (98.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.12g (96.24%), Fiber: 20.64g (82.56%), Manganese: 1.64mg (82%), Phosphorus: 654.01mg (65.4%), Vitamin B1: 0.88mg (58.75%), Iron: 10.23mg (56.82%), Potassium: 1930.04mg (55.14%), Folate: 217.85µg (54.46%), Copper: 0.97mg (48.37%), Magnesium: 191.88mg (47.97%), Vitamin B3: 9.29mg (46.43%), Vitamin B6: 0.86mg (43.2%), Zinc: 6.42mg (42.79%), Vitamin B2: 0.57mg (33.32%), Vitamin E: 4.94mg (32.92%), Vitamin K: 34.39µg (32.75%), Calcium: 318.58mg (31.86%), Vitamin C:

26.25mg (31.82%), Vitamin A: 1137.51IU (22.75%), Vitamin B5: 2.11mg (21.13%), Vitamin B12: 1.18µg (19.71%), Selenium:
9.74µg (13.91%), Vitamin D: 1.62µg (10.79%)