



Herby bean sausage stew



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 840 g beans mixed canned
- ☐ 800 g canned tomatoes chopped canned
- ☐ 1 tsp basil dried
- ☐ 2 tsp oregano dried
- ☐ 1 tbsp sugar
- ☐ 8 chipolatas

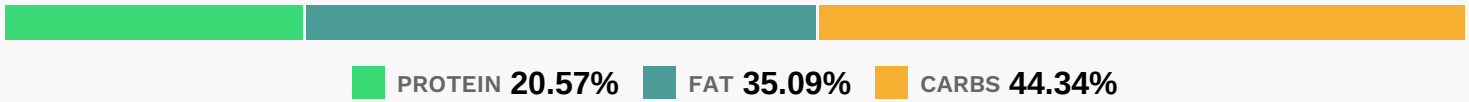
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large non-stick frying pan, then brown the sausages for 3–5 mins over a high heat.
- ☐ Drain the beans, then add to the pan with the chopped tomatoes, herbs and sugar. Season well and bring to the boil. Simmer for 10 mins until the sausages are cooked through and the sauce has thickened, coating the beans.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:16.61, Inflammation Score:-8, Nutrition Score:21.642173912214%

Nutrients (% of daily need)

Calories: 456.98kcal (22.85%), Fat: 18.5g (28.47%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 36.55g (13.29%), Sugar: 16.1g (17.89%), Cholesterol: 0mg (0%), Sodium: 1614.62mg (70.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.81%), Fiber: 16.07g (64.28%), Manganese: 1.06mg (52.82%), Copper: 0.69mg (34.4%), Potassium: 1152.6mg (32.93%), Iron: 5.87mg (32.62%), Vitamin K: 30.81µg (29.34%), Phosphorus: 288.89mg (28.89%), Magnesium: 107.92mg (26.98%), Vitamin B1: 0.37mg (24.96%), Vitamin C: 20.1mg (24.37%), Vitamin B6: 0.48mg (24.1%), Folate: 83.82µg (20.95%), Vitamin E: 2.74mg (18.29%), Vitamin B3: 3.54mg (17.7%), Calcium: 151.14mg (15.11%), Vitamin B2: 0.25mg (14.95%), Zinc: 1.89mg (12.61%), Vitamin A: 447.91IU (8.96%), Vitamin B5: 0.84mg (8.4%), Selenium: 3.58µg (5.11%)