



HEALTH SCORE

60%

Italian 'Cassoulet' with Sausage and Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



1310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccolini whole chopped
- ☐ 28 ounce cannellini beans drained and rinsed canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 1 head cloves separated
- ☐ 2 servings pepper black freshly ground
- ☐ 2 tablespoons olive oil divided
- ☐ 1 pound mild sausage links to package directions and coin sweet

☐ 1 cup vegetable stock

Equipment

☐ frying pan

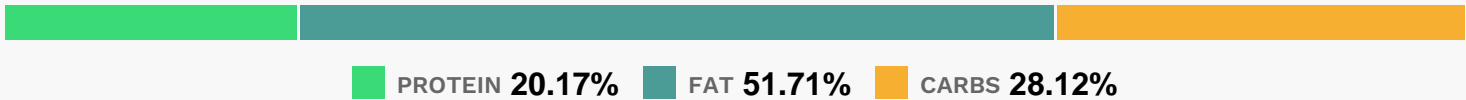
☐ oven

☐ pot

Directions

- ☐ Arrange the oven rack in the center position. Preheat the oven to 450°F. In a high-sided sautépan, heat 1 tablespoon of olive oil over high heat until shimmering.
- ☐ Add the sausages, and cook until lightly browned on bottom, about 1 minute. Take the pan off the heat, and add the broccolini, garlic, and rosemary, and toss to coat in the oil.
- ☐ Add the beans, and water (or stock).
- ☐ Add chili flakes, if using. Season lightly with salt and pepper. Nestle everything down into the liquid, and make sure the sausages are poking out on top. The liquid will only come about halfway up the side of sausages.
- ☐ Drizzle the top of the pot with the remaining 1 tablespoon of olive oil.
- ☐ Put the pot back on the heat, covered, and bring to a boil. Lower the heat all the way down, and simmer, covered, for 5 minutes. Then, remove the lid, and place the whole pot in the oven until sausages are cooked through, about 15 minutes. To get sausages extra brown, broil for the last 2 minutes.
- ☐ Remove from oven, let cool slightly, season to taste with salt and pepper, sprinkle with parsley, and serve directly from skillet.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:20.91, Inflammation Score:-10, Nutrition Score:53.560000087904%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1309.65kcal (65.48%), Fat: 75.42g (116.03%), Saturated Fat: 22.21g (138.81%), Carbohydrates: 92.3g (30.77%), Net Carbohydrates: 71.91g (26.15%), Sugar: 4.19g (4.66%), Cholesterol: 163.29mg (54.43%), Sodium: 1961.2mg (85.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.2g (132.4%), Manganese: 2.38mg (118.77%), Vitamin C: 84.91mg (102.92%), Iron: 15.5mg (86.13%), Vitamin K: 87.32µg (83.16%), Fiber: 20.38g (81.54%), Potassium: 2393.25mg (68.38%), Vitamin B1: 1.01mg (67.27%), Phosphorus: 670.36mg (67.04%), Folate: 266.5µg (66.62%), Zinc: 9.42mg (62.82%), Magnesium: 237.66mg (59.41%), Vitamin B3: 11.18mg (55.88%), Copper: 1.08mg (53.98%), Vitamin B6: 1mg (49.88%), Vitamin A: 2259.41IU (45.19%), Calcium: 379.49mg (37.95%), Vitamin E: 5.66mg (37.72%), Vitamin B12: 1.93µg (32.13%), Vitamin B2: 0.43mg (25.22%), Vitamin B5: 2.28mg (22.76%), Vitamin D: 2.95µg (19.66%), Selenium: 6.4µg (9.14%)