



Italian Sausage and White Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced italian-style undrained canned
- ☐ 19 ounce cannellini beans beans white drained canned
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup bell pepper green chopped
- ☐ 12 ounces turkey sausage sweet italian
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried

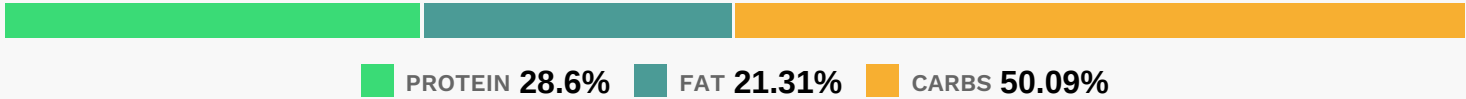
Equipment

☐ frying pan

Directions

- ☐ Remove casings from sausage.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add bell pepper, onion, and garlic; saut 3 minutes.
- ☐ Add sausage, and cook 8 minutes, or until browned, stirring to crumble. Stir in oregano and remaining ingredients; reduce heat to medium-low. Cook 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:9.48, Inflammation Score:-8, Nutrition Score:26.743913173676%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 335.34kcal (16.77%), Fat: 8.21g (12.63%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 33.24g (12.09%), Sugar: 8.96g (9.96%), Cholesterol: 45.08mg (15.03%), Sodium: 933.42mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.57%), Iron: 14.05mg (78.06%), Vitamin C: 51.97mg (63%), Manganese: 1.05mg (52.31%), Fiber: 10.16g (40.63%), Potassium: 1157.19mg (33.06%), Vitamin B6: 0.66mg (33.06%), Phosphorus: 324.67mg (32.47%), Copper: 0.63mg (31.26%), Selenium: 21.87µg (31.24%), Magnesium: 117.64mg (29.41%), Folate: 115.33µg (28.83%), Zinc: 3.69mg (24.63%), Vitamin B3: 4.69mg (23.43%), Vitamin B1: 0.29mg (19.26%), Vitamin K: 18.22µg (17.35%), Calcium: 172.28mg (17.23%), Vitamin E: 2.54mg (16.93%), Vitamin B2: 0.27mg (15.73%), Vitamin B5: 1.27mg (12.66%), Vitamin A: 423.15IU (8.46%), Vitamin B12: 0.37µg (6.1%)