



HEALTH SCORE

62%

## Italian Sausages with White Beans and Radicchio



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



1206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



15 oz beans white canned



2 carrots cut in ¼" dice



0.5 cup chicken broth



4 sausages italian



2 servings olive oil good for drizzling



1 large onion cut in ¼" dice



1 tablespoon oregano dried

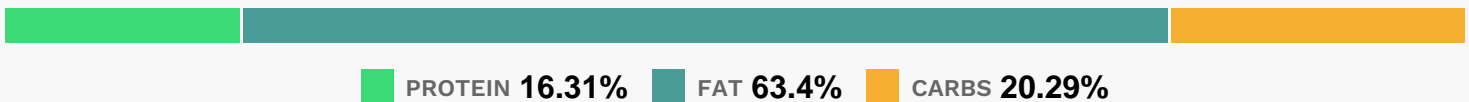
# Equipment

- ☐ frying pan

# Directions

- ☐ Heat oil in large skillet over medium-high heat for 2 to 3 minutes, until almost smoking (you will begin to smell the oil at that point).
- ☐ Add sausages and cook, turning often for even browning, about 10 minutes, until golden all over but not cooked through. Move sausages to side of skillet to continue to cook while you sear radicchio.
- ☐ Put a couple of radicchio leaves in skillet in single layer and cook about 45 seconds on each side, until seared and wilted slightly.
- ☐ Remove leaves to plate and cook remaining leaves in the same way, adding more oil to pan if it's dry. While you sear radicchio leaves, continue to cook and turn sausages for 10 more minutes, until cooked through, and transfer to plate when done.
- ☐ Add a bit more olive oil if necessary to coat skillet.
- ☐ Add carrots, celery, onions, garlic and a pinch of kosher salt, and saute about 1 ½ minutes, until vegetables are soft and garlic is fragrant, stirring constantly so garlic doesn't brown.
- ☐ Reduce heat to medium, add broth to deglaze pan. Then add beans and simmer until liquid is reduced by ½, about 5 minutes. Stir in oregano and season with kosher salt.
- ☐ Arrange 2 radicchio leaves i on each of 2 plates. Spoon beans over radicchio, dividing evenly, and drizzle with sauce left in skillet.
- ☐ Cut sausages in ½ at an angle and place 2-4 pieces of each sausage side by side on each plate.
- ☐ Drizzle sausage and beans with high-quality olive oil.

# Nutrition Facts



# Properties

Glycemic Index:68.92, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:45.591303949771%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 1206.35kcal (60.32%), Fat: 85.25g (131.15%), Saturated Fat: 27.44g (171.47%), Carbohydrates: 61.36g (20.45%), Net Carbohydrates: 47.11g (17.13%), Sugar: 7.04g (7.83%), Cholesterol: 171.41mg (57.14%), Sodium: 1912.03mg (83.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.35g (98.7%), Vitamin A: 10235.86IU (204.72%), Vitamin B1: 1.57mg (104.53%), Selenium: 59.74µg (85.34%), Manganese: 1.56mg (78.03%), Iron: 10.38mg (57.67%), Fiber: 14.25g (57.01%), Phosphorus: 560.72mg (56.07%), Potassium: 1878.94mg (53.68%), Vitamin B6: 1.03mg (51.59%), Folate: 187.89µg (46.97%), Zinc: 6.77mg (45.15%), Vitamin B3: 8.45mg (42.26%), Magnesium: 161.95mg (40.49%), Copper: 0.75mg (37.69%), Vitamin K: 38.49µg (36.66%), Vitamin B12: 2.05µg (34.17%), Vitamin B2: 0.56mg (32.85%), Vitamin E: 4.59mg (30.62%), Calcium: 275.33mg (27.53%), Vitamin B5: 1.82mg (18.23%), Vitamin C: 13.69mg (16.59%)