



Italian Three Bean and Sausage Casserole

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb sausage meat italian
- 1.5 cups bell pepper red chopped
- 0.5 cup onion chopped
- 1 large clove garlic finely chopped
- 30 oz cannellini beans rinsed drained canned
- 15.5 oz great northern beans rinsed drained canned
- 15 oz garbanzo beans rinsed drained canned
- 1 jar pasta sauce with basil and garlic (1 lb 10 oz)

1.5 teaspoons basil dried fresh chopped

1 serving basil fresh chopped

Equipment

frying pan

oven

Directions

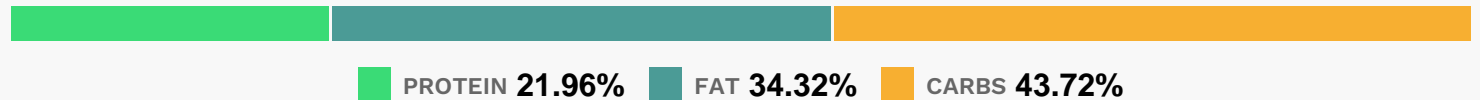
Heat oven to 400°F. In 10-inch skillet, cook sausage, bell pepper, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink; drain.

In ungreased 3-quart casserole, mix sausage mixture and remaining ingredients.

Bake uncovered about 45 minutes, stirring once, until hot and bubbly.

Garnish with additional basil.

Nutrition Facts



Properties

Glycemic Index:50.56, Glycemic Load:12.54, Inflammation Score:-9, Nutrition Score:34.535652367965%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 580.89kcal (29.04%), Fat: 22.61g (34.79%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 64.81g (21.6%), Net Carbohydrates: 48.48g (17.63%), Sugar: 6.59g (7.32%), Cholesterol: 54.43mg (18.14%), Sodium: 1227.37mg (53.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Manganese: 1.83mg (91.46%), Vitamin C: 58.37mg (70.75%), Fiber: 16.33g (65.32%), Folate: 200.82µg (50.2%), Vitamin B6: 1mg (49.8%), Iron: 8.62mg (47.88%), Potassium: 1634.36mg (46.7%), Phosphorus: 433.14mg (43.31%), Magnesium: 164.28mg (41.07%), Copper: 0.75mg (37.71%), Vitamin B1: 0.53mg (35.08%), Vitamin A: 1744.12IU (34.88%), Zinc: 4.58mg (30.56%), Vitamin B3: 5.67mg (28.34%), Vitamin E: 3.52mg (23.44%), Calcium: 202.54mg (20.25%), Vitamin B2: 0.31mg (18.35%), Vitamin B5: 1.68mg (16.75%), Vitamin K: 15.14µg (14.42%), Selenium: 7.55µg (10.79%), Vitamin B12: 0.64µg

(10.71%), Vitamin D: 0.98 μ g (6.55%)