



Kale with Sausage and White Beans



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 pound spicy sausage gluten-free sweet italian (use sausage if cooking)
- ☐ 1 onion sliced thin
- ☐ 2 large garlic cloves sliced thin
- ☐ 1 pound kale thick roughly chopped (1 large bunch)
- ☐ 0.5 cup vegetable stock
- ☐ 15 ounce beans white rinsed drained canned
- ☐ 4 servings salt and pepper

☐ 4 servings splash of vinegar (cider, red wine, or sherry vinegar)

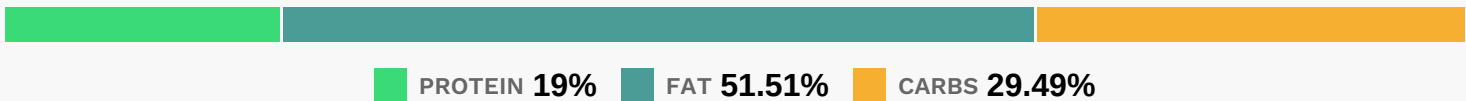
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat the olive oil in a large sauté pan over medium heat and add the bulk sausage; if you can't find bulk sausage, remove the casings on the links.
- ☐ Cook for 3–4 minutes, until the sausage is mostly cooked.
- ☐ Remove with a slotted spoon to a bowl.
- ☐ Add the onion slices to the pan and increase the heat to high. Cook until the edges of the onions brown, about 3–4 minutes.
- ☐ Add the garlic and cook for another minute.
- ☐ Return the sausage to the pan with the onions.
- ☐ Add kale, salt, chicken stock, cover and cook:
- ☐ Add the kale, sprinkle salt over everything, then add the chicken stock. Cover the pan, lower the heat to medium and cook for 2 minutes.
- ☐ Add beans, lower heat, cover and cook: Uncover, mix everything well (the kale will have cooked down by now) and add the beans.
- ☐ Cover the pot again and lower the heat to low. Cook another 5 minutes, then turn off the heat.
- ☐ Let stand 5 minutes, sprinkle with a splash of vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:6.4, Inflammation Score:-10, Nutrition Score:33.812173926312%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg Kaempferol: 53.25mg, Kaempferol: 53.25mg, Kaempferol: 53.25mg, Kaempferol: 53.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 31.21mg, Quercetin: 31.21mg, Quercetin: 31.21mg, Quercetin: 31.21mg

Nutrients (% of daily need)

Calories: 410.78kcal (20.54%), Fat: 24.08g (37.04%), Saturated Fat: 6.25g (39.05%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 20.75g (7.55%), Sugar: 2.65g (2.94%), Cholesterol: 40.82mg (13.61%), Sodium: 739.21mg (32.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.97%), Vitamin K: 449.91µg (428.49%), Vitamin A: 11434.25IU (228.68%), Vitamin C: 108.84mg (131.93%), Manganese: 1.36mg (68.05%), Fiber: 10.25g (41%), Calcium: 380.27mg (38.03%), Folate: 145.25µg (36.31%), Iron: 5.77mg (32.05%), Potassium: 1066.11mg (30.46%), Vitamin B2: 0.51mg (30.06%), Vitamin B1: 0.4mg (26.78%), Magnesium: 102.91mg (25.73%), Phosphorus: 246.33mg (24.63%), Vitamin B6: 0.47mg (23.58%), Vitamin B3: 4.17mg (20.84%), Zinc: 2.93mg (19.53%), Vitamin E: 2.71mg (18.07%), Copper: 0.36mg (18%), Vitamin B12: 0.48µg (8.03%), Vitamin B5: 0.72mg (7.23%), Vitamin D: 0.74µg (4.91%), Selenium: 3.07µg (4.39%)