



 **19%**
HEALTH SCORE

Pasta e Fagioli con Salsicce (Pasta and Beans with Sausage)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 8 ounces cannellini beans dried white picked over rinsed (kidney)
- 1 sprig rosemary leaves fresh
- 0.3 cup garlic clove minced
- 8 ounces ground sausage sweet italian
- 1 tablespoon kosher salt boiling for pasta
- 4 cups chicken broth low-sodium

- 4 tablespoons olive oil
- 1.3 cups onion finely chopped

Equipment

- bowl
- sauce pan
- pot
- wooden spoon

Directions

- In medium bowl, combine beans and cold water to cover by 2 inches. Cover tightly and refrigerate at least 8 hours or overnight.
- Drain beans. In medium saucepan over moderately high heat, combine beans, cold water to cover by 1 inch, 1 tablespoon salt, and 2 tablespoons olive oil. Bring to boil, then reduce heat to low and simmer, partially covered, until tender, about 90 minutes.
- Drain and set aside.
- In large pot over moderately high heat, bring 6 cups salted water to boil.
- Meanwhile, in medium saucepan over moderate heat, heat remaining 2 tablespoons olive oil until hot but not smoking.
- Add sausage and sauté, breaking up with wooden spoon, until brown, about 6 minutes.
- Add onions and sauté until translucent, about 5 minutes.
- Add garlic, rosemary, beans, stock, pepper, and remaining 1 teaspoon salt and bring to simmer. Reduce heat to moderately low and simmer, uncovered, until heated through, 3 to 5 minutes.
- Cook pasta in boiling water until just tender, about 8 minutes.
- Drain well, stir into soup, and serve.

Nutrition Facts



PROTEIN 18.31% **FAT 51.13%** **CARBS 30.56%**

Properties

Glycemic Index:19.5, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:17.269999796768%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 387.65kcal (19.38%), Fat: 22.51g (34.64%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 23.74g (8.63%), Sugar: 2.57g (2.85%), Cholesterol: 28.73mg (9.58%), Sodium: 1494.93mg (65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Manganese: 0.88mg (43.82%), Folate: 156.67µg (39.17%), Potassium: 987.84mg (28.22%), Iron: 4.98mg (27.67%), Vitamin B1: 0.41mg (27.19%), Fiber: 6.53g (26.14%), Copper: 0.52mg (25.88%), Phosphorus: 234.04mg (23.4%), Selenium: 15.21µg (21.73%), Magnesium: 84.13mg (21.03%), Vitamin B3: 3.65mg (18.24%), Vitamin B6: 0.36mg (18.15%), Zinc: 2.35mg (15.69%), Calcium: 124.22mg (12.42%), Vitamin B2: 0.18mg (10.72%), Vitamin E: 1.44mg (9.58%), Vitamin B12: 0.5µg (8.36%), Vitamin K: 8.38µg (7.98%), Vitamin C: 5.16mg (6.25%), Vitamin B5: 0.55mg (5.51%)