



WHATSheATE



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

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



528 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
- ☐ 8 ounces ditalini pasta

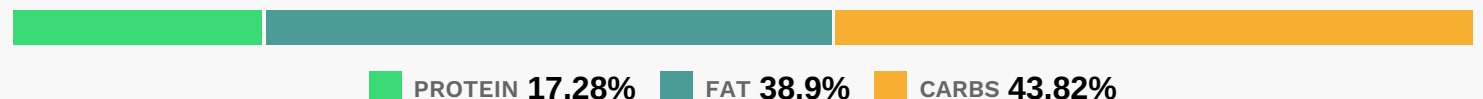
Equipment

- ☐ 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



Properties

Glycemic Index:19.5, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:21.468695560065%

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: 527.89kcal (26.39%), Fat: 23.08g (35.52%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 50.76g (18.46%), Sugar: 3.58g (3.97%), Cholesterol: 28.73mg (9.58%), Sodium: 1497.2mg (65.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Manganese: 1.22mg (61.15%), Selenium: 39.1µg (55.86%), Folate: 163.48µg (40.87%), Copper: 0.63mg (31.34%), Fiber: 7.74g (30.98%), Potassium: 1072.13mg (30.63%), Phosphorus: 305.48mg (30.55%), Iron: 5.47mg (30.4%), Vitamin B1: 0.44mg (29.46%), Magnesium: 104.16mg (26.04%), Vitamin B3: 4.29mg (21.46%), Vitamin B6: 0.42mg (20.84%), Zinc: 2.89mg (19.24%), Calcium: 132.16mg (13.22%), Vitamin B2: 0.2mg (12.05%), Vitamin E: 1.48mg (9.86%), Vitamin B12: 0.5µg (8.36%), Vitamin K: 8.42µg (8.02%), Vitamin B5: 0.71mg (7.14%), Vitamin C: 5.16mg (6.25%)