



WHATSheATE



Pasta e Fagioli with Sausage



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



1 carrots chopped fine



1 rib celery chopped fine



2.8 cups chicken broth low-sodium homemade canned



1 teaspoon rosemary dried fresh chopped



4 cloves garlic minced



0.5 teaspoon fresh-ground pepper black



2 tablespoons olive oil

- ☐ 1 onion chopped fine
- ☐ 1 teaspoon salt
- ☐ 1 pound mild sausages italian
- ☐ 0.5 cup tubetti

Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the sausages and cook, turning, until browned and cooked through, about 10 minutes.
- ☐ Remove. When cool enough to handle, halve the sausages lengthwise and then cut crosswise into slices.
- ☐ Heat the remaining tablespoon of oil in the pot over moderately low heat.
- ☐ Add the carrot, onion, celery, garlic, and rosemary. Cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Puree 4 cups of the beans with 1 1/4 cups of the broth in a blender or food processor.
- ☐ Add the puree to the pot along with the remaining 1 1/2 cups broth, the whole beans, bay leaf, and salt. Bring to a boil. Reduce the heat and simmer, partially covered, for 15 minutes.
- ☐ Stir in the pasta. Cook the soup over moderate heat, partially covered, stirring frequently, until the pasta is done, 10 to 15 minutes.
- ☐ Remove the bay leaf. Stir in the sausage and the pepper. Cook until the sausage is warmed through, about 1 minute.
- ☐ Wine Recommendation: This hearty favorite is best accompanied by a light, sprightly grignolino. Almost more ros than red wine, grignolino has a penetrating floral aroma and spicy flavor.

Nutrition Facts



 **PROTEIN 15.79%**  **FAT 71.22%**  **CARBS 12.99%**

Properties

Glycemic Index:48.96, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:17.39043470051%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 552.75kcal (27.64%), Fat: 43.81g (67.4%), Saturated Fat: 14.1g (88.13%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 16.38g (5.96%), Sugar: 2.62g (2.91%), Cholesterol: 86.18mg (28.73%), Sodium: 1480.11mg (64.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.7%), Selenium: 37.05µg (52.93%), Vitamin A: 2597.03IU (51.94%), Vitamin B1: 0.69mg (45.8%), Vitamin B3: 6.37mg (31.85%), Phosphorus: 255.25mg (25.52%), Vitamin B6: 0.47mg (23.75%), Vitamin B12: 1.19µg (19.9%), Manganese: 0.34mg (16.98%), Zinc: 2.51mg (16.76%), Potassium: 586.49mg (16.76%), Vitamin B2: 0.27mg (16.05%), Copper: 0.25mg (12.27%), Iron: 2.1mg (11.69%), Vitamin K: 9.74µg (9.28%), Magnesium: 31.38mg (7.84%), Vitamin C: 6.47mg (7.84%), Vitamin E: 1.16mg (7.74%), Vitamin B5: 0.76mg (7.57%), Fiber: 1.61g (6.44%), Folate: 23.36µg (5.84%), Calcium: 52.27mg (5.23%)