



HEALTH SCORE

72%

Pasta with Sausage and Greens



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce basil cut into 1/2-inch-thick slices (such as Gerhard's)
- ☐ 2 teaspoons bottled garlic minced
- ☐ 15 ounce cannellini beans beans white rinsed drained canned
- ☐ 2 tablespoons dijon mustard country-style
- ☐ 0.3 cup cooking wine dry white
- ☐ 12 cups torn escarole (1 head)
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 3 cups fusilli uncooked (8 ounces short twisted spaghetti)

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup tomatoes chopped

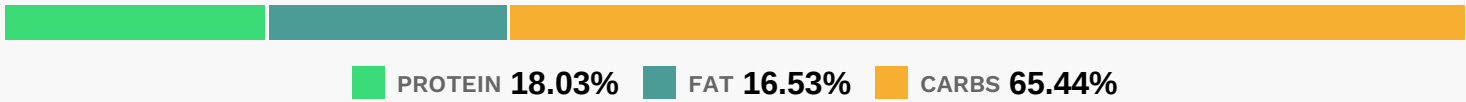
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the fusilli in boiling water 7 minutes, omitting salt and fat. Stir in escarole, and cook for 4 minutes.
- ☐ Drain and set aside.
- ☐ While fusilli is cooking, heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sausage, and saut 5 minutes.
- ☐ Add onion and garlic, and saute 3 minutes.
- ☐ Add broth and wine; bring mixture to a boil. Reduce heat, and simmer 3 minutes or until liquid almost evaporates. Stir in mustard and beans; cook 2 minutes or until thoroughly heated.
- ☐ Combine pasta mixture, sausage mixture, and tomato in a large bowl; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:40.24, Inflammation Score:-10, Nutrition Score:32.512174121712%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg

1.34mg Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 699.94kcal (35%), Fat: 12.79g (19.68%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 113.92g (37.97%), Net Carbohydrates: 102.63g (37.32%), Sugar: 6.28g (6.97%), Cholesterol: 40.03mg (13.34%), Sodium: 709.5mg (30.85%), Alcohol: 1.03g (100%), Alcohol %: 0.31% (100%), Protein: 31.38g (62.77%), Vitamin K: 236.79µg (225.51%), Selenium: 78.38µg (111.98%), Manganese: 1.99mg (99.7%), Folate: 218.75µg (54.69%), Vitamin A: 2578.24IU (51.56%), Fiber: 11.29g (45.15%), Phosphorus: 340.55mg (34.06%), Copper: 0.64mg (32.06%), Magnesium: 123.15mg (30.79%), Potassium: 1021.5mg (29.19%), Iron: 5.25mg (29.18%), Zinc: 3.4mg (22.7%), Vitamin B1: 0.29mg (19.33%), Vitamin B5: 1.64mg (16.37%), Vitamin B6: 0.32mg (16.17%), Vitamin C: 13.21mg (16.01%), Calcium: 144.66mg (14.47%), Vitamin B3: 2.77mg (13.86%), Vitamin B2: 0.19mg (11.34%), Vitamin E: 1.62mg (10.83%)