



Sausage and Bean Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 48 ounce cannellini beans beans white rinsed drained canned
- 0.5 teaspoon thyme leaves dried
- 14 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced

- 1 cup onion chopped (1 medium)
- 2 tablespoons tomato paste
- 16 ounce turkey sausage smoked light cut into 1/4-inch-thick slices (such as Hillshire Farm)
- 3 ounce bread white

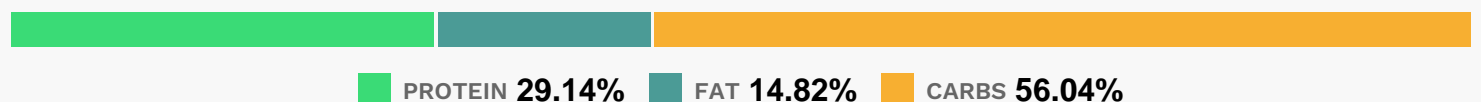
Equipment

- food processor
- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 37
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add onion and turkey sausage to pan; saut for 5 minutes or until browned.
- Add garlic, and saut for 2 minutes. Stir in chicken broth, scraping pan to loosen browned bits. Stir in 2 tablespoons brown sugar, tomato paste, dried thyme, freshly ground black pepper, cannellini beans, and bay leaf.
- Add ground red pepper, if desired. Bring to a boil; cover, reduce heat, and simmer for 5 minutes.
- Remove from heat.
- Place bread in a food processor, and pulse 10 times or until coarse crumbs measure 1 1/2 cups.
- Sprinkle breadcrumbs evenly over bean mixture, and lightly coat with cooking spray.
- Bake at 375 for 15 minutes or until browned. Discard bay leaf.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:13.15, Inflammation Score:-7, Nutrition Score:19.98217399224%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 337.17kcal (16.86%), Fat: 5.6g (8.62%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 38.62g (14.04%), Sugar: 5.4g (6%), Cholesterol: 42.52mg (14.17%), Sodium: 632.34mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.53%), Manganese: 1.03mg (51.61%), Iron: 6.53mg (36.27%), Fiber: 9.02g (36.08%), Folate: 131.76µg (32.94%), Potassium: 1032.65mg (29.5%), Phosphorus: 283.92mg (28.39%), Magnesium: 105.89mg (26.47%), Zinc: 3.83mg (25.53%), Copper: 0.5mg (24.79%), Vitamin K: 23.18µg (22.08%), Vitamin B6: 0.43mg (21.68%), Vitamin B3: 3.76mg (18.78%), Vitamin B1: 0.28mg (18.58%), Calcium: 172.47mg (17.25%), Vitamin B2: 0.25mg (14.44%), Vitamin B12: 0.84µg (13.94%), Vitamin E: 1.63mg (10.87%), Vitamin B5: 1.05mg (10.54%), Selenium: 6.74µg (9.63%), Vitamin C: 5.26mg (6.38%), Vitamin A: 192.17IU (3.84%)