



## Sausage and Bean Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 48 ounce .5 can cannellini beans white rinsed drained canned
- 0.5 teaspoon thyme dried
- 14 ounce fat-skimmed beef broth fat-free canned
- 2 tablespoons parsley fresh chopped
- 2 garlic 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 sandwich bread white

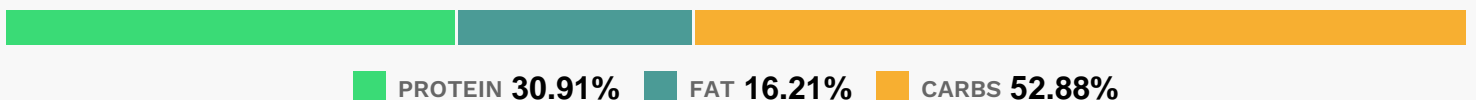
## Equipment

- 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:30.1, Glycemic Load:4.5, Inflammation Score:0, Nutrition Score:10.597825915917%

## 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: 265.72kcal (13.29%), Fat: 5.11g (7.86%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 28.48g (10.36%), Sugar: 4.91g (5.45%), Cholesterol: 42.52mg (14.17%), Sodium: 989.55mg (43.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Fiber: 9g (36.01%), Iron: 5.12mg (28.42%), Vitamin B3: 3.56mg (17.82%), Vitamin K: 18.25µg (17.38%), Vitamin B6: 0.31mg (15.3%), Calcium: 150.35mg (15.04%), Vitamin B12: 0.84µg (13.94%), Phosphorus: 129.13mg (12.91%), Zinc: 1.92mg (12.83%), Vitamin B2: 0.18mg (10.73%), Manganese: 0.16mg (7.81%), Vitamin B1: 0.12mg (7.7%), Potassium: 260.41mg (7.44%), Vitamin B5: 0.74mg (7.39%), Vitamin C: 5.26mg (6.38%), Selenium: 4.02µg (5.75%), Folate: 21.2µg (5.3%), Copper: 0.1mg (5.06%), Magnesium: 19.14mg (4.79%), Vitamin A: 192.17IU (3.84%), Vitamin E: 0.29mg (1.91%)