



Sausage and Bean Skillet Stew



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 0.5 pound kielbasa fully cooked cut into 1/2-inch slices
- ☐ 15 ounces great northern beans rinsed drained canned
- ☐ 15 ounces kidney beans dark red rinsed drained canned
- ☐ 14.5 ounces tomatoes diced with olive oil, garlic and spices, undrained canned
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.3 cup spring onion sliced

Equipment

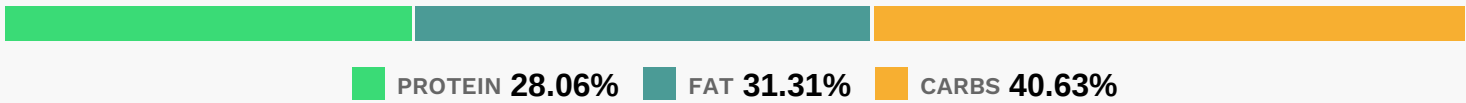
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frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 5 minutes, stirring occasionally, until brown.
- ☐ Stir in remaining ingredients except onions. Cook uncovered over medium-low heat 8 to 10 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Stir in onions. Cook 3 to 5 minutes, stirring occasionally, until onions are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:22.82, Glycemic Load:5.48, Inflammation Score:-8, Nutrition Score:29.816956421603%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 536.56kcal (26.83%), Fat: 18.84g (28.99%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 40.76g (14.82%), Sugar: 5.84g (6.49%), Cholesterol: 75.98mg (25.33%), Sodium: 717.63mg (31.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38g (76.01%), Folate: 239.97µg (59.99%), Fiber: 14.27g (57.07%), Manganese: 1.07mg (53.41%), Phosphorus: 513.68mg (51.37%), Vitamin B3: 9.74mg (48.69%), Selenium: 33.99µg (48.56%), Vitamin B1: 0.69mg (46.18%), Vitamin B6: 0.89mg (44.59%), Potassium: 1360.19mg (38.86%), Iron: 6.93mg (38.51%), Magnesium: 137.56mg (34.39%), Copper: 0.57mg (28.56%), Vitamin K: 24.96µg (23.77%), Zinc: 3.42mg (22.81%), Vitamin B2: 0.33mg (19.27%), Vitamin C: 14.64mg (17.74%), Vitamin B5: 1.72mg (17.22%), Calcium: 134.6mg (13.46%), Vitamin B12: 0.67µg (11.15%), Vitamin E: 0.87mg (5.82%), Vitamin A: 199.56IU (3.99%)