



Sausage and Lentils with Fennel

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 carrots cut into 1/4-inch dice
- ☐ 0.8 pound fennel bulb (sometimes labeled "anise")
- ☐ 0.5 teaspoon fennel seeds
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.3 pounds ground sausage sweet italian
- ☐ 1 cup lentils dried french (preferably green lentils; 7 ounces)
- ☐ 4 servings olive oil extra virgin extra-virgin for drizzling

- ☐ 1 medium onion finely chopped
- ☐ 1 tablespoon red-wine vinegar to taste
- ☐ 1.5 teaspoons salt
- ☐ 4.5 cups water cold

Equipment

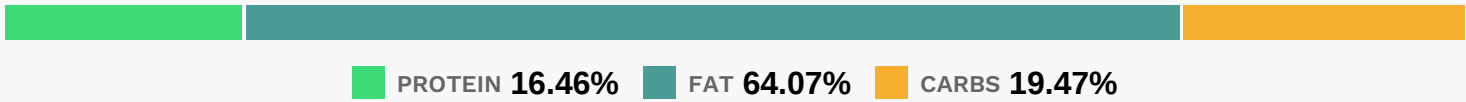
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Bring lentils, water, and 1/2 teaspoon salt to a boil in a 2-quart heavy saucepan, then reduce heat and simmer, uncovered, until lentils are just tender but not falling apart, 12 to 25 minutes.
- ☐ While lentils simmer, cut fennel bulb into 1/4-inch dice and chop enough fennel fronds to measure 2 tablespoons.
- ☐ Heat 3 tablespoons oil in a 3- to 4-quart heavy saucepan over moderate heat until hot but not smoking, then stir in onion, carrot, fennel bulb, fennel seeds, and remaining teaspoon salt. Cover pan and cook, stirring occasionally, until vegetables are very tender, about 10 minutes.
- ☐ Meanwhile, lightly prick sausages in a couple of places with tip of a sharp knife, then cook sausages in remaining 1/2 tablespoon oil in a 10-inch nonstick skillet over moderately high heat, turning occasionally, until golden brown and cooked through, 12 to 15 minutes.
- ☐ Transfer to a cutting board.
- ☐ Drain cooked lentils in a sieve set over a bowl and reserve cooking water. Stir lentils into vegetables with enough cooking water to moisten (1/4 to 1/2 cup) and cook over moderate heat until heated through. Stir in parsley, pepper, 1 tablespoon vinegar, and 1 tablespoon fennel fronds. Season with vinegar and salt.
- ☐ Cut sausages diagonally into 1/2-inch-thick slices.
- ☐ Serve lentils topped with sausage and sprinkled with remaining tablespoon fennel fronds.

Drizzle all over with extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:58.86, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:38.796956435494%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 830.55kcal (41.53%), Fat: 59.22g (91.11%), Saturated Fat: 18.08g (113.02%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 22.06g (8.02%), Sugar: 6.23g (6.93%), Cholesterol: 107.73mg (35.91%), Sodium: 1982.8mg (86.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin K: 115.97µg (110.45%), Vitamin B1: 1.26mg (83.95%), Fiber: 18.43g (73.73%), Folate: 276.95µg (69.24%), Vitamin A: 2935.32IU (58.71%), Selenium: 39.9µg (57%), Manganese: 1mg (49.87%), Phosphorus: 477.25mg (47.73%), Vitamin B6: 0.78mg (39.15%), Potassium: 1284.03mg (36.69%), Iron: 6.38mg (35.42%), Zinc: 5.16mg (34.4%), Vitamin B3: 6.64mg (33.2%), Vitamin C: 22.15mg (26.85%), Magnesium: 103.17mg (25.79%), Copper: 0.49mg (24.52%), Vitamin B2: 0.39mg (22.77%), Vitamin B12: 1.29µg (21.5%), Vitamin B5: 2.04mg (20.38%), Vitamin E: 2.88mg (19.17%), Calcium: 122.55mg (12.26%)