



Sausage & bean one-pot

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 8 pork sausage for this dish (Toulouse are great)
- ☐ 2 leek trimmed thinly sliced
- ☐ 1 carrots roughly chopped
- ☐ 2 slices bread white
- ☐ 1 tbsp sage chopped plus a little extra
- ☐ 1 garlic clove crushed
- ☐ 200 ml beef stock

- ☐ 400 g canned tomatoes chopped canned
- ☐ 800 g cannellini beans rinsed drained canned

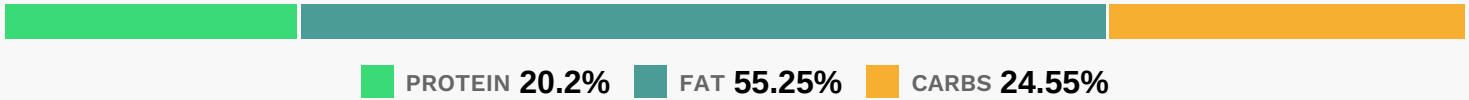
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a large ovenproof pan, add the sausages and brown for few mins.
- ☐ Remove from the pan.
- ☐ Add the leeks and carrot and gently soften for 10 mins.
- ☐ Mix the breadcrumbs with a little sage.
- ☐ Heat grill to medium.
- ☐ Add 1 tbsp sage and the garlic to the pan. Cook for 1 min, then add the stock and tomatoes. Tuck in the sausages. Simmer for 10 mins until the sauce has reduced a little and the sausages are cooked. Season, stir in the beans, then simmer for 2 mins more. To serve, scatter the sage crumbs over the top and grill for 5 mins until golden.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:18.11, Inflammation Score:-10, Nutrition Score:46.275217429451%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1059.63kcal (52.98%), Fat: 65.25g (100.38%), Saturated Fat: 20.73g (129.59%), Carbohydrates: 65.23g (21.74%), Net Carbohydrates: 51.82g (18.84%), Sugar: 8.52g (9.47%), Cholesterol: 162.72mg (54.24%), Sodium: 1765.7mg (76.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.68g (107.36%), Copper: 5.45mg

(272.48%), Manganese: 1.79mg (89.44%), Vitamin A: 3674.33IU (73.49%), Vitamin B3: 13.63mg (68.17%), Vitamin B1: 1.01mg (67.03%), Iron: 11.61mg (64.5%), Vitamin B6: 1.17mg (58.45%), Phosphorus: 575.5mg (57.55%), Potassium: 2013.39mg (57.53%), Fiber: 13.41g (53.65%), Zinc: 7.77mg (51.82%), Folate: 189.57µg (47.39%), Magnesium: 179.96mg (44.99%), Vitamin K: 37.79µg (35.99%), Vitamin B12: 1.92µg (32.02%), Vitamin B2: 0.51mg (29.88%), Vitamin E: 4.31mg (28.7%), Calcium: 264.41mg (26.44%), Vitamin B5: 2.39mg (23.88%), Vitamin C: 17.28mg (20.95%), Vitamin D: 2.94µg (19.59%), Selenium: 9.01µg (12.87%)