



Sausage casserole with instant garlic bread

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



856 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tsp olive oil for drizzling
- ☐ 4 large meaty sausages
- ☐ 1 onion sliced
- ☐ 2 carrots finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 400 g cherry tomatoes canned
- ☐ 400 g cannellini bean canned (don't drain)
- ☐ 1 beef stock cube

- ☐ 1 tbsp thyme leaves chopped for garlic bread
- ☐ 1 garlic clove whole grated
- ☐ 4 slices ciabatta bread

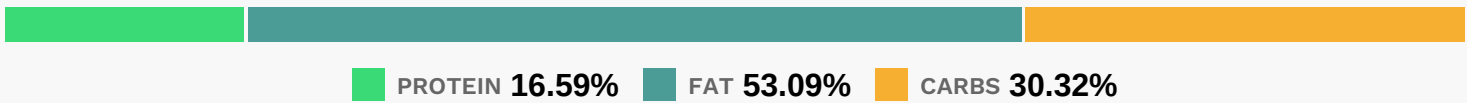
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a wide shallow pan and fry the sausages until browned. Push to one side, then tip in the onion, carrots and celery, and cook, with the lid on, for 10 mins until softened.
- ☐ Stir in the tomatoes, beans and their juice, stock cube and thyme.
- ☐ Add grated garlic, cover and simmer for 10 mins.
- ☐ Meanwhile, toast the ciabatta, then rub with the remaining garlic, drizzle with oil, scatter with a few thyme leaves and serve with the casserole.

Nutrition Facts



Properties

Glycemic Index:104.42, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:33.454782693282%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 855.98kcal (42.8%), Fat: 50.71g (78.01%), Saturated Fat: 15.96g (99.74%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 50.53g (18.37%), Sugar: 14.2g (15.78%), Cholesterol: 122.48mg (40.83%), Sodium: 1914.11mg (83.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Vitamin A: 11357.73IU (227.15%), Vitamin C: 96.7mg (117.21%), Fiber: 14.64g (58.55%), Vitamin B3: 10.24mg (51.2%), Vitamin B6: 0.99mg (49.38%), Vitamin B1: 0.66mg (44.06%), Potassium: 1473.66mg (42.1%), Phosphorus: 372.67mg (37.27%), Zinc: 4.6mg (30.68%), Manganese: 0.6mg (30.02%), Iron: 4.92mg (27.32%), Vitamin B12: 1.47µg (24.42%), Vitamin E: 3.44mg

(22.93%), Vitamin B2: 0.37mg (21.93%), Copper: 0.42mg (21.25%), Magnesium: 81.43mg (20.36%), Vitamin B5: 1.95mg (19.51%), Folate: 75.99µg (19%), Vitamin K: 19.13µg (18.22%), Vitamin D: 2.21µg (14.73%), Calcium: 106.88mg (10.69%), Selenium: 4.09µg (5.84%)