



Sausage, Escarole, and White Bean Ragout

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.3 cup chardonnay dry white
- ☐ 4 ounces endive sliced
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 12 ounces turkey sausage sweet italian
- ☐ 1 cup prechopped onion

- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 6 ounces potatoes red cubed peeled

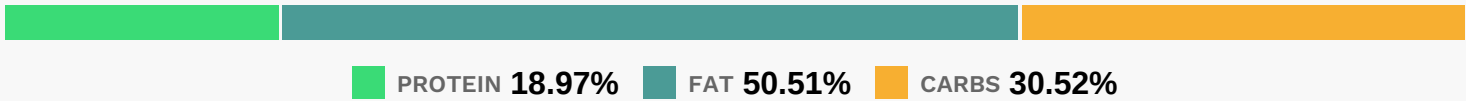
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Remove casings from sausage.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add Italian sausage and onion to pan, and cook for 4 minutes or until sausage browns, stirring to crumble.
- ☐ Drain sausage mixture well; return to pan. Stir in potatoes, wine, garlic, beans, and chicken broth; bring to a simmer. Cover and cook 7 minutes. Stir in escarole and rosemary, and cook for 4 minutes or until the escarole wilts, stirring occasionally. Ladle 1 1/4 cups soup into each of 4 shallow bowls, and sprinkle each serving evenly with 1 1/2 teaspoons cheese.
- ☐ Wine note: The creaminess of the white beans, bitter herbalness of the escarole, and rich meatiness of the sausage are in perfect counterpoint in this dish. In my experiments, when bitter and fat flavors are involved, one of the best wines is often the Italian red Chianti--even in a dish like this that calls for white wine. I love the Banfi Chianti Classico Riserva. The 2002 is \$ -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:7.23, Inflammation Score:-8, Nutrition Score:24.716956618687%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 509.92kcal (25.5%), Fat: 27.97g (43.02%), Saturated Fat: 10.13g (63.32%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 30.22g (10.99%), Sugar: 3.04g (3.38%), Cholesterol: 66.34mg (22.11%), Sodium: 1090.38mg (47.41%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 23.63g (47.27%), Vitamin K: 70.36µg (67.01%), Manganese: 0.96mg (48.09%), Vitamin B1: 0.68mg (45.59%), Selenium: 26.67µg (38.11%), Folate: 137.53µg (34.38%), Potassium: 1132.37mg (32.35%), Fiber: 7.81g (31.23%), Phosphorus: 307.06mg (30.71%), Iron: 5.3mg (29.46%), Vitamin B6: 0.54mg (26.95%), Copper: 0.46mg (23.18%), Magnesium: 92.4mg (23.1%), Zinc: 3.38mg (22.54%), Vitamin B3: 4.15mg (20.75%), Calcium: 168.52mg (16.85%), Vitamin B12: 1µg (16.71%), Vitamin B2: 0.27mg (15.67%), Vitamin C: 11.34mg (13.74%), Vitamin A: 638.7IU (12.77%), Vitamin B5: 1.23mg (12.28%), Vitamin E: 1.04mg (6.94%)