



WHATSheATE



HEALTH SCORE

55%

Sausage with Beans and Escarole



Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 15 oz cannellini beans drained and rinsed canned
- ☐ 15 oz garbanzo beans drained and rinsed canned
- ☐ 28 oz canned tomatoes whole drained chopped canned
- ☐ 1.5 cups chicken broth low-sodium canned
- ☐ 12 ounces mild chicken sausage with mediterranean seasonings, cut into 1/4-inch rounds
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon thyme dried

- ☐ 1 small head endive chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings salt and pepper

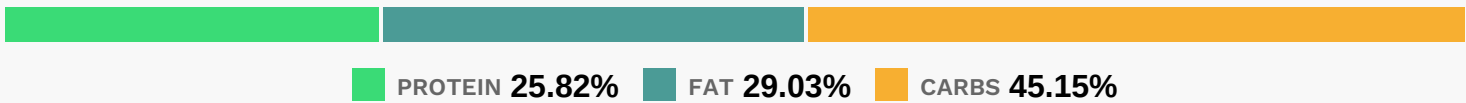
Equipment

- ☐ slow cooker

Directions

- ☐ Combine sausage, beans, tomatoes, broth, bay leaf, thyme and red pepper in slow cooker and cook on low heat setting for 4 hours.
- ☐ Stir in escarole and cook an additional 5 to 8 minutes, until just wilted. Stir in Parmesan and parsley. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:35.56, Glycemic Load:9.04, Inflammation Score:-9, Nutrition Score:27.682173895447%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 338.65kcal (16.93%), Fat: 11.57g (17.8%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 29g (10.54%), Sugar: 7.02g (7.81%), Cholesterol: 42.86mg (14.29%), Sodium: 1252.19mg (54.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin K: 207.2µg (197.33%), Manganese: 1.52mg (76.06%), Folate: 190.31µg (47.58%), Fiber: 11.5g (45.99%), Vitamin A: 2297.4IU (45.95%), Iron: 6.29mg (34.92%), Potassium: 1112.03mg (31.77%), Copper: 0.63mg (31.26%), Vitamin B6: 0.62mg (30.78%), Magnesium: 96.6mg (24.15%), Vitamin C: 19.78mg (23.97%), Phosphorus: 232.52mg (23.25%), Calcium: 217.74mg (21.77%), Vitamin E: 2.61mg (17.38%), Vitamin B1: 0.25mg (16.92%), Zinc: 2.44mg (16.24%), Vitamin B3: 2.94mg (14.72%), Vitamin B5: 1.41mg (14.11%), Vitamin B2: 0.2mg (11.54%), Selenium: 4.46µg (6.37%), Vitamin B12: 0.11µg (1.82%)