



Sausage with Escarole and White Beans

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce beans white drained and rinsed canned
- ☐ 0.5 cup cooking wine dry white (such as Sauvignon Blanc)
- ☐ 1 small head endive roughly chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 pound sausage italian
- ☐ 4 servings kosher salt and pepper
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 2 small onions cut into wedges
- ☐ 0.5 cup parmesan grated

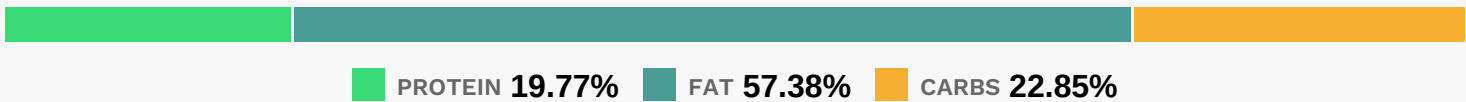
Equipment

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

Directions

- ☐ Heat the oil in a large saucepan over medium heat. Cook the sausage, turning occasionally, until browned and cooked through, about 10 minutes.
- ☐ Transfer to a cutting board and let rest at least 5 minutes before slicing.
- ☐ Add the onions to the pan and cook over medium heat, stirring occasionally, until soft, about 6 minutes.
- ☐ Add the garlic and cook, stirring, for 1 minute.
- ☐ Add the wine and broth and bring to a boil.
- ☐ Add the beans, escarole, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until the escarole wilts, about 3 minutes.Spoon into individual bowls and top with the Parmesan.
- ☐ Serve with the sausage and crusty bread, if desired.Substitution: If you are unable to find escarole, a slightly peppery relative of endive with sturdy light green leaves, try using Swiss chard or spinach.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:35.746956365264%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 695.62kcal (34.78%), Fat: 43.27g (66.57%), Saturated Fat: 15.59g (97.46%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 28.19g (10.25%), Sugar: 2.36g (2.62%), Cholesterol: 94.68mg (31.56%), Sodium: 1274.02mg (55.39%), Alcohol: 3.1g (100%), Alcohol %: 0.78% (100%), Protein: 33.54g (67.08%), Vitamin K: 266.28µg (253.6%), Folate: 263.94µg (65.99%), Manganese: 1.32mg (65.88%), Vitamin B1: 0.89mg (59.26%), Vitamin A: 2536.4IU (50.73%), Selenium: 33.81µg (48.3%), Phosphorus: 433.11mg (43.31%), Fiber: 10.59g (42.37%), Potassium: 1373.94mg (39.26%), Iron: 6.66mg (36.99%), Calcium: 339.85mg (33.99%), Zinc: 4.92mg (32.77%), Copper: 0.57mg (28.46%), Magnesium: 111.58mg (27.9%), Vitamin B6: 0.55mg (27.54%), Vitamin B3: 5.19mg (25.93%), Vitamin B2: 0.4mg (23.28%), Vitamin B12: 1.24µg (20.68%), Vitamin B5: 1.95mg (19.53%), Vitamin C: 12.87mg (15.6%), Vitamin E: 2.1mg (13.99%)