



Skillet Sausages with Black-Eyed Peas, Romano Beans, and Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound andouille sausages fully cooked (4)
- ☐ 2 cups freshly shucked black-eyed peas 11-ounce container shucked black-eyed peas fresh generous (from 1 pound peas in pod)
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 3 garlic cloves minced
- ☐ 10 ounce grape tomatoes
- ☐ 1 pound sausages fresh italian hot (5)
- ☐ 3 cups low-salt chicken broth

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 12 ounces string beans trimmed

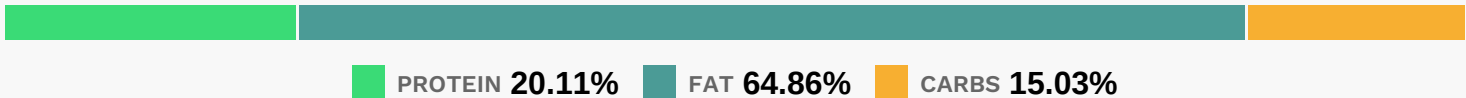
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Heat oil in heavy large deep skillet or pot over medium heat.
- ☐ Add sausages and cook until browned and thermometer inserted horizontally into Italian sausages registers 165°F, turning occasionally, about 12 minutes.
- ☐ Transfer sausages to plate.
- ☐ Add onion to skillet; sprinkle with salt and cook until tender and beginning to brown, about 4 minutes.
- ☐ Add garlic; stir 30 seconds.
- ☐ Add broth and peas; cover and cook until peas are almost tender, about 12 minutes.
- ☐ Add beans; cover and simmer until beans are almost tender, about 4 minutes.
- ☐ Add tomatoes; cook uncovered until tomatoes begin to burst, about 2 minutes.
- ☐ Add thyme and sausages with any accumulated juices. Cook until sausages are heated through, peas and beans are tender, and liquid coats back of spoon, 3 to 4 minutes. Season to taste with salt and pepper. Spoon vegetable mixture into large shallow bowl. Arrange sausages over and serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:24.218695972277%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 586.02kcal (29.3%), Fat: 42.71g (65.71%), Saturated Fat: 14.19g (88.7%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 16.06g (5.84%), Sugar: 6.26g (6.96%), Cholesterol: 106.22mg (35.41%), Sodium: 1058.49mg (46.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.59%), Vitamin B1: 0.76mg (50.88%), Selenium: 32.53µg (46.47%), Vitamin B3: 8.57mg (42.85%), Folate: 154.45µg (38.61%), Phosphorus: 356.47mg (35.65%), Vitamin K: 30.56µg (29.11%), Vitamin B6: 0.56mg (28.04%), Manganese: 0.56mg (27.78%), Potassium: 907.83mg (25.94%), Zinc: 3.87mg (25.83%), Fiber: 6.22g (24.87%), Iron: 4.24mg (23.54%), Vitamin B12: 1.36µg (22.69%), Vitamin C: 18.33mg (22.22%), Vitamin B2: 0.37mg (21.88%), Copper: 0.4mg (19.85%), Magnesium: 74mg (18.5%), Vitamin A: 872.45IU (17.45%), Vitamin B5: 1.23mg (12.29%), Vitamin E: 1.5mg (9.99%), Calcium: 73.04mg (7.3%), Vitamin D: 0.79µg (5.29%)