



Spicy Italian Sausage and Lentil Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small pepper hot chopped
- ☐ 1 cup beluga lentils black
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 8 ounce crimini mushrooms sliced
- ☐ 1 eggplant chopped
- ☐ 1 clove garlic crushed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 mild sausage links to package directions and coin italian hot

- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 pinch salt
- ☐ 2.5 cups water

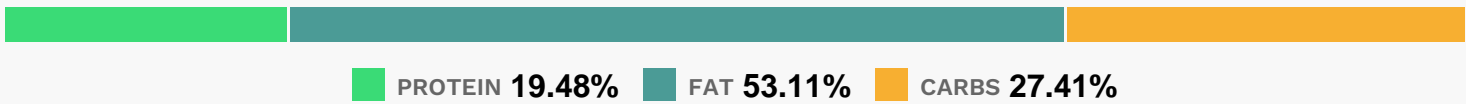
Equipment

- ☐ pot
- ☐ cutting board

Directions

- ☐ Combine lentils, water, and salt in a large pot; bring to a boil, reduce heat to medium-low, and cook at a simmer until the lentils are tender and the liquid is absorbed, about 25 minutes.
- ☐ While the lentils cook, heat olive oil in a pot over medium heat. Cook and stir onion in hot oil until lightly browned, about 5 minutes.
- ☐ Add sausage links to the pot; cook until browned completely, 3 to 5 minutes per side. Stir garlic into the onion mixture; cook and stir until fragrant, 1 to 2 minutes.
- ☐ Add mushrooms, eggplant, and hot pepper to the pot; season with salt and black pepper.
- ☐ Pour diced tomatoes over the vegetable mixture.
- ☐ Place a cover on the pot and cook at a simmer until the sausage is no longer pink the middle, about 10 minutes.
- ☐ Remove the sausages from the vegetable mixture to a cutting board; cut into chunks and stir into the lentils. Stir vegetable mixture into the lentils. Cover pot and cook until the vegetables are tender and the flavors blend, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:28.130434901818%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 660.18kcal (33.01%), Fat: 39.61g (60.94%), Saturated Fat: 13.21g (82.56%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 29.67g (10.79%), Sugar: 11.15g (12.39%), Cholesterol: 85.12mg (28.37%), Sodium: 977.8mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Fiber: 16.34g (65.35%), Selenium: 43.76µg (62.52%), Vitamin B1: 0.83mg (55.43%), Vitamin C: 34.42mg (41.72%), Vitamin B3: 7.93mg (39.64%), Iron: 7.1mg (39.43%), Vitamin B6: 0.74mg (37.14%), Copper: 0.7mg (34.99%), Vitamin B2: 0.58mg (34%), Manganese: 0.67mg (33.73%), Potassium: 1171.05mg (33.46%), Phosphorus: 300.43mg (30.04%), Zinc: 3.18mg (21.2%), Vitamin B5: 2.08mg (20.82%), Vitamin B12: 1.08µg (17.93%), Folate: 69.08µg (17.27%), Magnesium: 63.83mg (15.96%), Vitamin E: 2.18mg (14.52%), Vitamin K: 13.23µg (12.6%), Calcium: 118.58mg (11.86%), Vitamin A: 350.43IU (7.01%)