



Spicy Sausage, Chicken and Bean Pot

READY IN



30 min.

SERVINGS



6

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 loaf baguette
- 0.8 pound bulk sausage italian hot
- 3 tablespoons butter melted
- 30 ounce .5 can cannellini beans white canned
- 2 carrots shredded
- 3 ribs celery from the heart thinly sliced
- 2 cups chicken stock see
- 1 cup cooking wine dry white
- 1 bay leaf fresh

- 2 tablespoons olive oil extra-virgin
- 1 large onion thinly sliced quartered
- 1 handful parsley sprigs fresh whole
- 5 to 6 sage leaves fresh thinly sliced
- 6 servings salt and pepper black freshly ground
- 1.5 pounds chicken thighs boneless skinless cut into large chunks
- 3 sprigs thyme leaves fresh whole
- 0.8 pound package cut into 1-inch lengths on an angle

Equipment

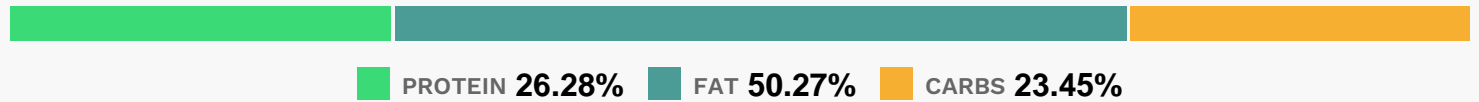
- food processor
- frying pan
- paper towels
- oven
- pot
- broiler
- microwave
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat with extra-virgin olive oil. Crumble the Italian sausage into large pieces, add to Dutch oven and begin to brown, about 2 to 3 minutes.
- Add the andouille and crisp at edges, 2 to 3 minutes.
- Remove browned sausages to a paper towel lined plate and add chicken, season with salt and pepper. Lightly brown chicken a couple of minutes on each side then add veggies and bay leaf, add more salt and pepper and cook 7 to 8 minutes more to soften veggies.
- Add sausages back to the pan along with the beans and sage. Deglaze with wine and stir in the stock.
- Turn broiler on and set rack in the middle of the oven.

- Coarsely chop the bread in food processor into large crumbs, remove blade and toss with melted butter (it melts in 15 seconds in microwave) and the parsley, thyme, salt and pepper. Cover the sausage and chicken with bread and set in oven to brown 2 to 3 minutes.
- Serve directly from the pot. Keep an eye out for that bay leaf and sprigs!

Nutrition Facts



Properties

Glycemic Index:68.43, Glycemic Load:15.53, Inflammation Score:-10, Nutrition Score:37.899565012559%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 882.41kcal (44.12%), Fat: 47.54g (73.13%), Saturated Fat: 15.91g (99.46%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 41.19g (14.98%), Sugar: 5.96g (6.62%), Cholesterol: 214.76mg (71.59%), Sodium: 1251.88mg (54.43%), Alcohol: 4.12g (100%), Alcohol %: 0.89% (100%), Protein: 55.92g (111.84%), Vitamin A: 3839IU (76.78%), Vitamin B3: 15.2mg (75.99%), Selenium: 45.32µg (64.74%), Phosphorus: 572.61mg (57.26%), Vitamin B6: 1.06mg (53.07%), Manganese: 1.01mg (50.32%), Vitamin B1: 0.72mg (48.06%), Potassium: 1557.71mg (44.51%), Iron: 7.78mg (43.22%), Zinc: 6.4mg (42.65%), Folate: 141.81µg (35.45%), Vitamin B2: 0.6mg (35.21%), Fiber: 8.68g (34.72%), Magnesium: 136.66mg (34.17%), Copper: 0.67mg (33.68%), Vitamin K: 31.61µg (30.11%), Vitamin B12: 1.78µg (29.59%), Vitamin B5: 2.66mg (26.6%), Vitamin E: 3.06mg (20.4%), Calcium: 177.7mg (17.77%), Vitamin D: 1.53µg (10.21%), Vitamin C: 5.92mg (7.18%)