



Tiny French Beans with Smoked Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon canola oil



1 teaspoon celery seeds



3 garlic cloves minced



14.5 ounce lower-sodium chicken broth fat-free canned



1 pound flageolet beans dried white



0.3 cup shallots minced



0.3 cup tablespoon thyme dried fresh minced

- ☐ 1 pound turkey sausage smoked cut into 1 1/2-inch pieces
- ☐ 2 cups water

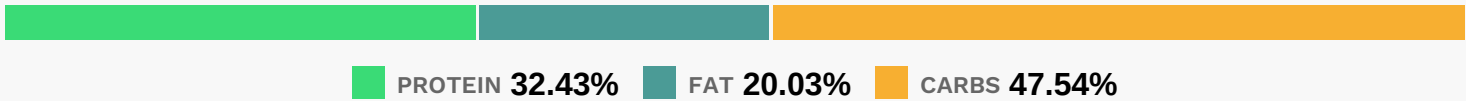
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add sausage; saut 5 minutes or until browned.
- ☐ Remove from pan, and place in an electric slow cooker.
- ☐ Heat the oil in pan over medium heat.
- ☐ Add shallots and garlic; cook 1 minute, stirring constantly.
- ☐ Sort and wash beans.
- ☐ Add beans, shallot mixture, water, and the remaining ingredients to slow cooker. Cover and cook on high 8 hours or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:20.967825951784%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.7kcal (15.34%), Fat: 6.92g (10.64%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 27.76g (10.09%), Sugar: 1.99g (2.21%), Cholesterol: 42.52mg (14.17%), Sodium: 444.37mg

(19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.41%), Folate: 226.88µg (56.72%), Manganese: 1.13mg (56.44%), Iron: 7.08mg (39.35%), Potassium: 1319.4mg (37.7%), Fiber: 9.2g (36.8%), Copper: 0.64mg (32.01%), Magnesium: 124.9mg (31.23%), Phosphorus: 281.61mg (28.16%), Zinc: 3.92mg (26.12%), Vitamin B6: 0.48mg (24%), Vitamin B1: 0.3mg (20.08%), Calcium: 164.7mg (16.47%), Vitamin B3: 2.94mg (14.71%), Vitamin B2: 0.23mg (13.3%), Vitamin B12: 0.74µg (12.28%), Selenium: 7.57µg (10.81%), Vitamin B5: 1.04mg (10.35%), Vitamin C: 4.74mg (5.74%), Vitamin K: 4.62µg (4.4%), Vitamin E: 0.51mg (3.38%), Vitamin A: 110.3IU (2.21%)