



White Bean and Sausage Ragout with Tomatoes, Kale, and Zucchini



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 32 ounce cannellini beans beans white rinsed drained canned
- ☐ 8 ounce mild chicken sausage cut into (1/2-inch) slices
- ☐ 3 garlic cloves crushed peeled
- ☐ 0.5 pound kale trimmed chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 zucchini quartered cut into (1/2-inch) slices (2 cups)

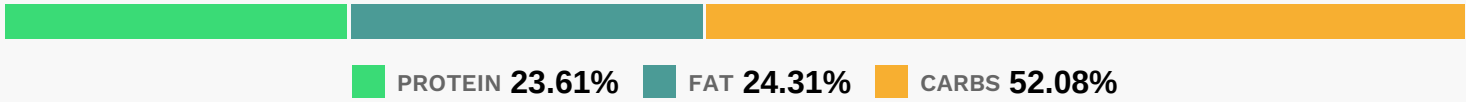
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat. Saut onion and sausage 4 minutes or until sausage is browned.
- ☐ Add zucchini and garlic; cook 2 minutes.
- ☐ Add kale and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:14.49, Inflammation Score:-10, Nutrition Score:39.372608557991%

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: 14.38mg, Isorhamnetin: 14.38mg, Isorhamnetin: 14.38mg, Isorhamnetin: 14.38mg Kaempferol: 26.67mg, Kaempferol: 26.67mg, Kaempferol: 26.67mg, Kaempferol: 26.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg

Nutrients (% of daily need)

Calories: 475.61kcal (23.78%), Fat: 13.48g (20.73%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 64.96g (21.65%), Net Carbohydrates: 48.89g (17.78%), Sugar: 8.41g (9.34%), Cholesterol: 40.03mg (13.34%), Sodium: 909.09mg (39.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.9%), Vitamin K: 237.69µg (226.37%), Vitamin A: 6184.62IU (123.69%), Manganese: 1.9mg (94.81%), Vitamin C: 74.16mg (89.89%), Fiber: 16.07g (64.29%),

Iron: 9.8mg (54.45%), Folate: 211.58µg (52.89%), Potassium: 1695.91mg (48.45%), Magnesium: 166.83mg (41.71%), Copper: 0.79mg (39.56%), Calcium: 362.6mg (36.26%), Phosphorus: 298.51mg (29.85%), Vitamin B6: 0.54mg (26.99%), Vitamin E: 4.02mg (26.8%), Vitamin B1: 0.39mg (26.32%), Vitamin B2: 0.39mg (22.84%), Zinc: 3.26mg (21.74%), Vitamin B3: 2.44mg (12.21%), Vitamin B5: 0.9mg (8.97%), Selenium: 5.28µg (7.54%)