



Beef Cassoulet with Herb Dumplings

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 cup water
- 1 teaspoon oregano dried
- 0.5 teaspoon basil dried
- 2 cloves garlic finely chopped
- 0.5 cup celery stalks thinly sliced
- 0.5 cup onion chopped
- 15 oz kidney beans drained canned

- 1.8 cups beef broth flavored (from 32-oz carton)
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 0.7 cup milk
- 0.3 teaspoon oregano dried
- 0.3 teaspoon basil dried
- 2 cups frangelico

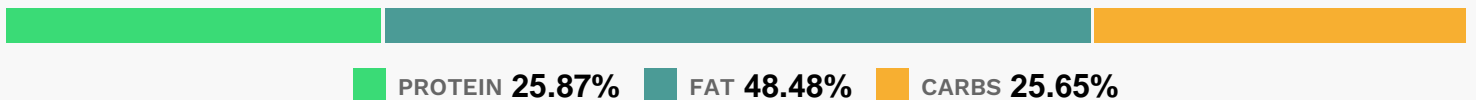
Equipment

- bowl
- dutch oven

Directions

- In 4-quart Dutch oven, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- Stir in water, 1 teaspoon oregano, 1/2 teaspoon basil, the garlic, celery, onion, beans, broth and tomatoes.
- Heat to boiling; reduce heat.
- In medium bowl, stir remaining ingredients until soft dough forms. Drop dough by 12 spoonfuls onto beef mixture (do not drop directly into liquid). Cook uncovered over low heat 10 minutes. Cover; cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:6.06, Inflammation Score:-7, Nutrition Score:16.400869483533%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.76mg, Quercetin: 2.76mg,

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Nutrients (% of daily need)

Calories: 305.81kcal (15.29%), Fat: 16.68g (25.66%), Saturated Fat: 6.49g (40.53%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 13.96g (5.08%), Sugar: 6.87g (7.64%), Cholesterol: 56.93mg (18.98%), Sodium: 618.88mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.05%), Vitamin B12: 1.81µg (30.22%), Zinc: 4mg (26.65%), Phosphorus: 265.24mg (26.52%), Vitamin B3: 5.18mg (25.9%), Vitamin B6: 0.49mg (24.3%), Fiber: 5.9g (23.58%), Manganese: 0.45mg (22.26%), Potassium: 757.11mg (21.63%), Iron: 3.85mg (21.38%), Selenium: 13.87µg (19.82%), Copper: 0.32mg (16.04%), Vitamin B2: 0.27mg (15.68%), Vitamin K: 15.89µg (15.14%), Magnesium: 59.82mg (14.95%), Vitamin B1: 0.2mg (13.03%), Calcium: 118.01mg (11.8%), Vitamin C: 9.56mg (11.59%), Folate: 42.57µg (10.64%), Vitamin E: 1.46mg (9.74%), Vitamin B5: 0.86mg (8.59%), Vitamin A: 263.52IU (5.27%), Vitamin D: 0.37µg (2.49%)