



Cajun Chicken Cassoulet



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons cajun spice
- ☐ 32 oz cannellini beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 rib celery stalks chopped
- ☐ 1.5 cups chicken broth
- ☐ 2.3 lb chicken thighs
- ☐ 4 garlic clove chopped
- ☐ 1 medium size bell pepper green chopped

- ☐ 16 oz okra frozen thawed sliced
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 16 oz andouille smoked cut into 1/2-inch slices

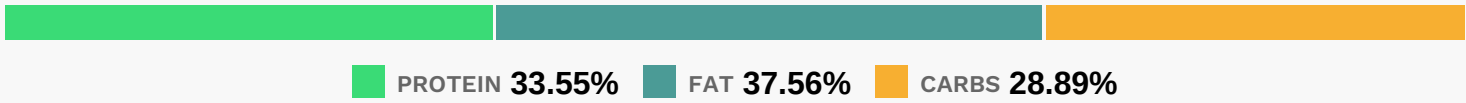
Equipment

- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ Cook sausage in a large cast-iron Dutch oven over medium heat, stirring occasionally, 4 to 5 minutes or until browned.
- ☐ Remove sausage with a slotted spoon, and drain on paper towels, reserving drippings in Dutch oven.
- ☐ Sprinkle chicken with salt. Cook chicken in hot drippings over medium-high heat 2 to 3 minutes on each side or until browned.
- ☐ Remove from Dutch oven.
- ☐ Add onion and next 3 ingredients to Dutch oven, and cook, stirring often, 5 minutes or until onion is tender.
- ☐ Add beans, next 4 ingredients, chicken, and sausage; cover with lid.
- ☐ Bake, covered, at 400 for 40 minutes or until bubbly. If desired, sprinkle with Toasted Herbed Breadcrumb Topping.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:10.89, Inflammation Score:-9, Nutrition Score:42.882608703945%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg

Nutrients (% of daily need)

Calories: 671.13kcal (33.56%), Fat: 28.1g (43.23%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 36.67g (13.33%), Sugar: 6.44g (7.15%), Cholesterol: 216.44mg (72.15%), Sodium: 1503.83mg (65.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.47g (112.93%), Manganese: 1.68mg (84.06%), Selenium: 52.38µg (74.83%), Vitamin B3: 14.02mg (70.11%), Vitamin B6: 1.37mg (68.72%), Phosphorus: 622.88mg (62.29%), Vitamin C: 42.13mg (51.06%), Potassium: 1774.98mg (50.71%), Vitamin B1: 0.74mg (49.22%), Fiber: 11.96g (47.85%), Magnesium: 188.61mg (47.15%), Iron: 8.3mg (46.12%), Zinc: 6.65mg (44.35%), Folate: 169.53µg (42.38%), Vitamin B12: 2.24µg (37.37%), Copper: 0.74mg (37.04%), Vitamin K: 38.71µg (36.87%), Vitamin B2: 0.62mg (36.59%), Vitamin B5: 3.11mg (31.1%), Calcium: 231.48mg (23.15%), Vitamin A: 1052.41IU (21.05%), Vitamin E: 2.81mg (18.74%), Vitamin D: 0.83µg (5.54%)