



Cassoulet in a Flash

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 1.3 cups chicken stock see (such as Swanson)
- ☐ 3 ounces duck (such as D'Artagnan)
- ☐ 3 ounce duck breast meat – skin left on boneless
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped

- ☐ 2 garlic clove minced
- ☐ 31 ounce natural butter extract white divided rinsed drained canned
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 ounces bacon cut into 1/4-inch pieces
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons walnut oil

Equipment

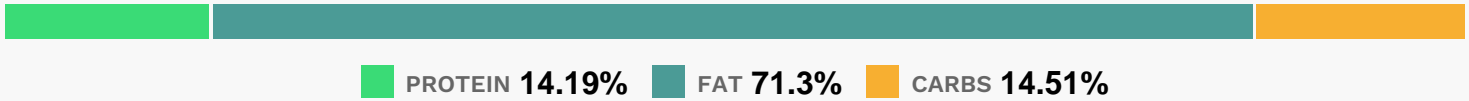
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ramekin
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat the broiler to high.
- ☐ Heat a large skillet over medium heat.
- ☐ Add sausage and bacon to pan; cook 5 minutes or until lightly browned, stirring occasionally to crumble sausage.
- ☐ Remove mixture from pan using a slotted spoon; place in a bowl. Reserve 1 tablespoon drippings in pan; reserve remaining drippings for another use. Increase heat to medium-high.
- ☐ Add onion and next 4 ingredients (through minced garlic) to drippings in pan; saut 3 minutes, stirring occasionally.
- ☐ Add onion mixture to sausage mixture.
- ☐ Remove skin from duck breast; discard skin.
- ☐ Cut breast into 1/2-inch pieces. Return pan to medium-high heat. Lightly coat pan with cooking spray.

- ☐ Add duck breast; saut for 3 minutes, turning to brown on all sides.
- ☐ Remove from heat.
- ☐ Combine 1/2 cup beans, tomato paste, and stock in a food processor; process until smooth.
- ☐ Add pureed bean mixture, sausage mixture, remaining beans, and pepper to pan with duck; bring to a boil over medium-high heat. Cook 2 minutes. Spoon 1 cup bean mixture into each of 4 (8-ounce) ramekins lightly coated with cooking spray.
- ☐ Combine panko, parsley, and oil in a small bowl; toss. Divide panko mixture evenly among ramekins.
- ☐ Place ramekins on a baking sheet; broil 2 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:49.160434437835%

Flavonoids

Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 1625.96kcal (81.3%), Fat: 136.28g (209.66%), Saturated Fat: 28.6g (178.78%), Carbohydrates: 62.4g (20.8%), Net Carbohydrates: 49.72g (18.08%), Sugar: 26.9g (29.89%), Cholesterol: 44.14mg (14.71%), Sodium: 397.7mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.01g (122.01%), Manganese: 3.45mg (172.45%), Vitamin B3: 33.05mg (165.23%), Vitamin E: 20.71mg (138.07%), Magnesium: 395.91mg (98.98%), Phosphorus: 879.55mg (87.95%), Vitamin B6: 1.31mg (65.5%), Copper: 1.17mg (58.39%), Folate: 217.91µg (54.48%), Fiber: 12.68g (50.73%), Vitamin B12: 2.91µg (48.57%), Potassium: 1631.05mg (46.6%), Zinc: 6.51mg (43.37%), Vitamin A: 2165.4IU (43.31%), Vitamin B1: 0.62mg (41.27%), Vitamin B2: 0.67mg (39.64%), Iron: 6.6mg (36.67%), Selenium: 23.05µg (32.92%), Vitamin B5: 2.92mg (29.22%), Vitamin K: 25.2µg (24%), Calcium: 152.44mg (15.24%), Vitamin C: 10.29mg (12.48%), Vitamin D: 0.21µg (1.37%)