



Cassoulet White Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef broth
- ☐ 0.5 teaspoon cardamom seed
- ☐ 4 carrots 1 lb. total
- ☐ 2 teaspoons cumin seed
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 teaspoons sage leaves or dried fresh chopped
- ☐ 1.5 tablespoons thyme leaves dried fresh
- ☐ 0.3 cup mustard seed

- ☐ 2 onions 1 lb. total
- ☐ 10 servings salt
- ☐ 0.5 lb ham hock smoked
- ☐ 2 pounds beans dried white

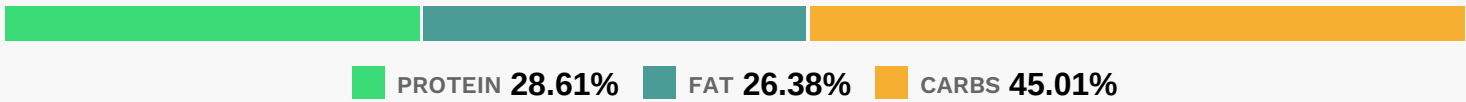
Equipment

- ☐ frying pan

Directions

- ☐ Sort beans and discard debris. Rinse beans, drain, and put in a 6- to 8-quart pan. Rinse ham hock and add to beans, with broth and 6 cups water. Set over high heat, cover, and bring to a boil.
- ☐ Meanwhile, peel and cut carrots and onions into 1/8- to 1/4-inch dice.
- ☐ Add to beans, along with mustard seed, thyme, sage, cumin seed, cardamom seed, and ginger. When boiling, reduce heat and simmer, covered, stirring occasionally, until beans are creamy-smooth to bite and meat pulls easily from the ham hock, 2 1/2 to 3 hours.
- ☐ Lift out ham hock and let stand until cool enough to touch, about 8 minutes. Discard skin, bone, and fat. Chop meat and return to beans. Stir over medium heat until steaming, about 5 minutes.
- ☐ Drain beans and save liquid. Season beans to taste with salt.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:16.784782715466%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 255.02kcal (12.75%), Fat: 7.6g (11.69%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 21.62g (7.86%), Sugar: 2.72g (3.02%), Cholesterol: 24.72mg (8.24%), Sodium: 810.85mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Vitamin A: 4134.17IU (82.68%), Manganese: 0.82mg (41.12%), Fiber: 7.54g (30.18%), Iron: 4.96mg (27.54%), Potassium: 832.22mg (23.78%), Folate: 92.78µg (23.2%), Magnesium: 84.95mg (21.24%), Phosphorus: 175.12mg (17.51%), Copper: 0.32mg (16.02%), Selenium: 11.2µg (16%), Calcium: 128.27mg (12.83%), Vitamin B1: 0.17mg (11.61%), Zinc: 1.66mg (11.05%), Vitamin B6: 0.18mg (9.21%), Vitamin B3: 1.77mg (8.83%), Vitamin E: 1.25mg (8.35%), Vitamin K: 7.08µg (6.74%), Vitamin B2: 0.11mg (6.48%), Vitamin C: 5.18mg (6.28%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.1µg (1.68%)