



Chicken Cassoulet

READY IN



40 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs bone-in
- ☐ 38 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1.5 cups chicken broth
- ☐ 8 ounces mild chicken sausage cut into 1/4-inch slices
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup breadcrumbs dry fine

- ☐ 0.3 cup flat-leaf parsley italian chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 0.8 teaspoon salt divided

Equipment

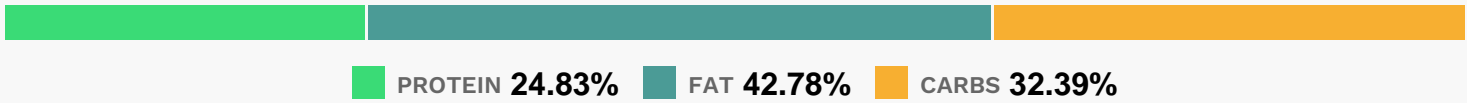
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Sprinkle chicken evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a large deep-sided skillet over medium-high heat.
- ☐ Add chicken, and cook in batches, turning occasionally, 10 minutes or until well browned.
- ☐ Remove chicken to a plate, and set aside.
- ☐ Add sausage to skillet, and cook, turning often, for 6 minutes or until sausage is well browned.
- ☐ Remove from skillet.
- ☐ Reduce heat to medium, and add onion, celery, and carrot to skillet. Cook, stirring often, 10 minutes or until softened. Stir in garlic, and cook 1 minute. Stir in broth, and scrape up any browned bits from bottom of skillet.
- ☐ Add tomato, next 3 ingredients, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; stir to mix well.
- ☐ Add chicken and sausage. Spoon into a 13- x 9-inch (4-quart) casserole dish.
- ☐ Cover and refrigerate overnight, or combine breadcrumbs and remaining 1 tablespoon oil in a small bowl; stir to mix well. Stir in Parmesan cheese.
- ☐ Sprinkle mixture over casserole.

Bake, uncovered, at 350 for 45 minutes or until chicken is no longer pink and crumbs are lightly browned.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:8.95, Inflammation Score:-10, Nutrition Score:26.286087284917%

Flavonoids

Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 528.87kcal (26.44%), Fat: 25.46g (39.17%), Saturated Fat: 6.35g (39.69%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 34.62g (12.59%), Sugar: 5.32g (5.91%), Cholesterol: 118.08mg (39.36%), Sodium: 942.57mg (40.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin A: 3176.42IU (63.53%), Manganese: 0.98mg (49%), Vitamin K: 47.34µg (45.08%), Fiber: 8.77g (35.06%), Iron: 6.29mg (34.97%), Phosphorus: 339.46mg (33.95%), Selenium: 23.72µg (33.88%), Potassium: 1098.88mg (31.4%), Vitamin B3: 6.04mg (30.19%), Folate: 116.69µg (29.17%), Vitamin B6: 0.58mg (29.09%), Magnesium: 107.8mg (26.95%), Copper: 0.51mg (25.26%), Vitamin B1: 0.34mg (22.61%), Zinc: 3.23mg (21.54%), Calcium: 183.48mg (18.35%), Vitamin E: 2.6mg (17.33%), Vitamin B2: 0.29mg (17.01%), Vitamin B5: 1.52mg (15.2%), Vitamin C: 10.5mg (12.73%), Vitamin B12: 0.69µg (11.53%)