



Chicken Cassoulet with Acorn Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups acorn squash diced peeled
- ☐ 0.5 cup apple cider dry
- ☐ 2 slices bacon
- ☐ 0.8 teaspoon pepper black divided
- ☐ 30 ounce cannellini beans drained canned
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 1 cup carrots diced
- ☐ 0.5 teaspoon basil dried

- ☐ 0.8 teaspoon thyme leaves dried divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon butter
- ☐ 2 cups onion divided chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound skinned
- ☐ 0.5 pound turkey sausage smoked cut into 1/4-inch slices
- ☐ 2 cups water

Equipment

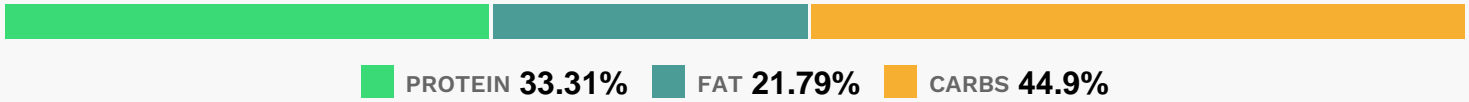
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Melt margarine in a large ovenproof Dutch oven over medium heat.
- ☐ Add 1 cup onion and garlic, and saut for 5 minutes.
- ☐ Add Marsala, parsley, 1/4 teaspoon thyme, 1/4 teaspoon pepper, 1/4 teaspoon salt, basil, and tomatoes; bring to a boil. Reduce heat; simmer, covered, 10 minutes. Spoon into a bowl; set aside.
- ☐ Combine 1/4 teaspoon salt, 2 cups water, squash, and carrot in pan, and bring to a boil. Reduce heat, and simmer, partially covered, 30 minutes or until the vegetables are tender. Partially mash the beans with a potato masher, and add beans and tomato mixture to pan. Cook over medium-low heat 30 minutes or until thick.
- ☐ Remove from heat.
- ☐ Preheat oven to 32

- ☐
- Rub chicken with 1/2 teaspoon thyme and 1/2 teaspoon pepper; set aside. Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐
- Remove bacon from pan; crumble bacon, and set aside.
- ☐
- Add chicken to bacon drippings in pan; cook 3 minutes on each side or until browned.
- ☐
- Remove chicken from skillet; cut into 1-inch pieces.
- ☐
- Add 1 cup onion and sausage to skillet; saut 5 minutes or until lightly browned.
- ☐
- Add the chicken, crumbled bacon, and sausage mixture to bean mixture in pan, stirring to combine.
- ☐
- Cover and bake at 325 for 1 hour. Uncover and bake an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.82, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:24.346956418908%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 327.43kcal (16.37%), Fat: 8.07g (12.41%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 29.39g (10.69%), Sugar: 6.15g (6.84%), Cholesterol: 61.18mg (20.39%), Sodium: 522.28mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.51%), Vitamin A: 3105.1IU (62.1%), Vitamin B3: 9.05mg (45.23%), Vitamin B6: 0.89mg (44.51%), Phosphorus: 371.81mg (37.18%), Manganese: 0.74mg (36.93%), Selenium: 24.45µg (34.92%), Fiber: 8.02g (32.09%), Potassium: 1078.82mg (30.82%), Folate: 115.11µg (28.78%), Magnesium: 105.45mg (26.36%), Vitamin K: 24.51µg (23.34%), Vitamin B1: 0.35mg (23.21%), Vitamin C: 16.94mg (20.54%), Iron: 3.56mg (19.79%), Copper: 0.37mg (18.57%), Vitamin B5: 1.82mg (18.19%), Zinc: 2.28mg (15.23%), Vitamin B2: 0.25mg (14.59%), Calcium: 118.65mg (11.87%), Vitamin B12: 0.51µg (8.52%), Vitamin E: 1mg (6.69%)