



 **23%**  
HEALTH SCORE

# Duck Cassoulet

 **Gluten Free**  **Dairy Free**

READY IN



**960 min.**

SERVINGS



**8**

CALORIES



**459 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound bacon
- 1 bay leaves
- 3 carrots peeled sliced
- 3 sprigs parsley fresh
- 1 sprig rosemary leaves fresh
- 1 sprig thyme sprigs fresh
- 3 cloves garlic minced
- 1 pound navy beans dry

- 1 onion whole peeled
- 1 pound mild sausage links to package directions and coin sliced
- 1 pound duck breast meat – skin left on sliced into thin strips.
- 1 tomatoes fresh chopped

## Equipment

- frying pan
- slow cooker

## Directions

- In a large skillet, brown the sliced sausage over medium heat.
- Insert whole cloves into onion.
- Roll bacon up, and tie with a string. Tie together parsley, thyme, and rosemary.
- In a large slow cooker, place soaked beans, sausage, bacon, onion studded with cloves, fresh herbs, bay leaf, carrots, minced garlic, and duck.
- Add enough water to cover the other ingredients. Cook for 1 hour on HIGH. Reduce heat to LOW, and continue cooking for 6 to 8 hours.
- Remove onion, bacon, and herbs. Stir in chopped tomatoes. Continue cooking for 1/2 hour.
- Serve.

## Nutrition Facts



**PROTEIN 25.11%** **FAT 57.65%** **CARBS 17.24%**

## Properties

Glycemic Index:35.78, Glycemic Load:4.76, Inflammation Score:-10, Nutrition Score:25.677391238835%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

## Nutrients (% of daily need)

Calories: 459.34kcal (22.97%), Fat: 29.2g (44.92%), Saturated Fat: 9.57g (59.81%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 12.57g (4.57%), Sugar: 2.3g (2.55%), Cholesterol: 103.19mg (34.4%), Sodium: 598.12mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.23%), Vitamin B12: 7.99µg (133.24%), Vitamin A: 4071.68IU (81.43%), Vitamin B1: 0.63mg (41.67%), Vitamin B6: 0.74mg (37.13%), Vitamin B3: 6.45mg (32.25%), Phosphorus: 322.25mg (32.23%), Fiber: 7.07g (28.28%), Selenium: 18.93µg (27.05%), Iron: 4.84mg (26.91%), Folate: 93.31µg (23.33%), Potassium: 706.47mg (20.18%), Manganese: 0.4mg (19.77%), Vitamin B2: 0.32mg (18.93%), Copper: 0.37mg (18.4%), Zinc: 2.67mg (17.8%), Magnesium: 60.37mg (15.09%), Vitamin B5: 1.24mg (12.44%), Vitamin C: 9.95mg (12.07%), Vitamin K: 11.03µg (10.5%), Calcium: 62.8mg (6.28%), Vitamin D: 0.85µg (5.67%), Vitamin E: 0.48mg (3.17%)