



Easy Herb Crust Cassoulet

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups bisquick original baking mix all-purpose
- ☐ 31 ounce cannellini beans rinsed drained canned
- ☐ 1 carrots sliced
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 large eggs lightly beaten
- ☐ 3 garlic cloves pressed
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped
- ☐ 16 ounce sausage smoked sliced

☐ 2 tablespoons teaspoons thyme dried fresh divided chopped

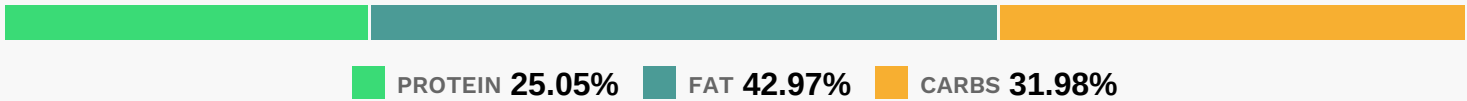
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Brown sausage in a 10-inch deep-dish ovenproof skillet over medium-high heat, stirring occasionally, 4 to 6 minutes.
- ☐ Remove sausage, and drain on paper towels, reserving 2 tablespoons drippings in skillet.
- ☐ Add onion, carrot, and garlic; cook, stirring constantly, 2 to 3 minutes.
- ☐ Stir in sausage, beans, and chicken broth. Reduce heat, and simmer mixture 6 minutes. Stir in 1 tablespoon chopped fresh thyme, and remove from heat.
- ☐ Stir together baking mix, milk, egg, and remaining 1 tablespoon thyme with a fork until moistened.
- ☐ Pour dough evenly over top of sausage mixture in skillet.
- ☐ Bake at 400 for 40 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:26.530434950538%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 665.82kcal (33.29%), Fat: 31.58g (48.58%), Saturated Fat: 10.33g (64.55%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 44.32g (16.12%), Sugar: 4.91g (5.46%), Cholesterol: 121.87mg (40.62%), Sodium: 1323.67mg (57.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.84%), Phosphorus: 579.91mg (57.99%), Selenium: 33.62µg (48.02%), Folate: 163.45µg (40.86%), Manganese: 0.81mg (40.43%), Vitamin A: 2009.87IU (40.2%), Vitamin B1: 0.58mg (38.71%), Vitamin B12: 2.11µg (35.14%), Fiber: 8.54g (34.17%), Zinc: 4.7mg (31.36%), Vitamin B3: 6.09mg (30.44%), Iron: 5.27mg (29.29%), Vitamin B2: 0.48mg (28.35%), Magnesium: 112.97mg (28.24%), Potassium: 914.36mg (26.12%), Vitamin B6: 0.51mg (25.71%), Copper: 0.39mg (19.26%), Calcium: 185.14mg (18.51%), Vitamin B5: 1.23mg (12.25%), Vitamin C: 7.65mg (9.27%), Vitamin D: 1.29µg (8.6%), Vitamin K: 4.7µg (4.48%), Vitamin E: 0.42mg (2.8%)