



Pork Cassoulet

 Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon cut into 1-inch pieces
- 1 cup bell pepper rings red ()
- 0.3 teaspoon pepper black
- 3 pounds pork loin boneless cut into 1-inch cubes
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup carrots sliced ()
- 1 cup celery sliced
- 1 pound cannellini beans dried

- 2 teaspoons thyme leaves dried
- 0.5 cup cooking wine dry white
- 14.5 ounce less-sodium chicken broth fat-free canned
- 1.5 cups bread french cubed (1-inch)
- 4 garlic cloves minced
- 2.5 cups onion chopped
- 1.5 ounces parmesan cheese fresh grated
- 0.5 teaspoon salt
- 2 tablespoons tomato paste
- 1 pound turkey kielbasa cut into 1/2-inch pieces
- 0.3 cup water

Equipment

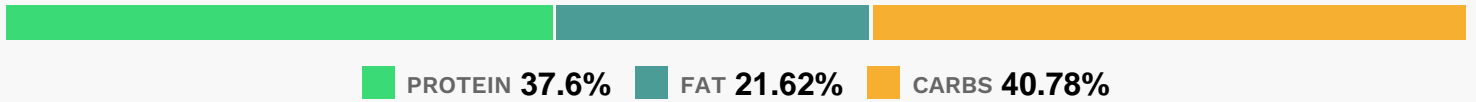
- food processor
- frying pan
- oven
- blender
- slotted spoon
- dutch oven

Directions

- Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook for 2 minutes.
- Remove from heat; cover and let stand 1 hour.
- Drain; return beans to pan. Cover beans with water, and bring to a boil. Cover, reduce heat, and simmer for 20 minutes; drain.
- Preheat oven to 30
- Add bacon to pan; cook over medium heat until crisp.
- Remove bacon with a slotted spoon. Increase heat to medium-high.

- Add pork to drippings in pan; cook 5 minutes or until browned, stirring occasionally.
- Remove pork with a slotted spoon.
- Add the kielbasa; cook for 5 minutes or until browned, stirring occasionally.
- Remove kielbasa with a slotted spoon.
- Add onion, celery, carrot, garlic, and thyme; saute 4 minutes or until tender. Stir in 1/4 cup water, tomato paste, broth, and tomatoes.
- Return beans, bacon, pork, and kielbasa to pan; bring to a boil. Cover and bake at 300 for 1 hour.
- Remove 1 cup of beans and vegetables with a slotted spoon.
- Place in a blender or food processor; process until smooth. Return to pan. Stir in the wine, salt, and black pepper. Arrange the bell pepper rings evenly over top.
- Place the bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1 1/2 cups.
- Combine with cheese.
- Sprinkle cassoulet with the breadcrumb mixture. Return the cassoulet to the oven, and bake, uncovered, an additional 45 minutes.

Nutrition Facts



Properties

Glycemic Index:40.53, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:45.052608863167%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 592.87kcal (29.64%), Fat: 14.07g (21.65%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 46.81g (17.02%), Sugar: 9.61g (10.67%), Cholesterol: 115.57mg (38.52%), Sodium: 1310.69mg (56.99%), Alcohol: 1.24g (100%), Alcohol %: 0.35% (100%), Protein: 55.04g (110.07%), Selenium: 67.39µg (96.27%), Vitamin B1: 1.27mg (84.91%), Vitamin B6: 1.67mg (83.47%), Folate: 293.58µg (73.4%), Phosphorus: 713.14mg (71.31%), Vitamin B3: 13.48mg (67.41%), Vitamin A: 2896.35IU (57.93%), Iron: 10.21mg (56.73%), Manganese: 1.09mg (54.26%), Vitamin C: 44.25mg (53.64%), Fiber: 12.89g (51.55%), Potassium: 1619.5mg (46.27%), Magnesium: 166.7mg (41.68%), Vitamin B2: 0.69mg (40.31%), Zinc: 5.33mg (35.55%), Copper: 0.7mg (34.79%), Calcium: 207.51mg (20.75%), Vitamin B5: 2.01mg (20.12%), Vitamin B12: 1.04µg (17.4%), Vitamin K: 15.07µg (14.35%), Vitamin E: 1.44mg (9.62%), Vitamin D: 0.67µg (4.49%)