

Pork Cassoulet

 Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon cut into 2-inch pieces (slab is best)
- ☐ 2 bay leaves
- ☐ 1 cup breadcrumbs
- ☐ 14 ounce canned tomatoes diced with their juice canned
- ☐ 28 ounce beans white drained and rinsed canned
- ☐ 0.5 medium carrots peeled chopped
- ☐ 1 large stalk celery chopped
- ☐ 4 cups chicken broth

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onion peeled chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 2 pounds boston butt pork shoulder 1-inch-thick country-style cut into slices)
- ☐ 2 sprigs thyme leaves fresh whole
- ☐ 1 cup wine
- ☐ 2 garlic clove whole minced

Equipment

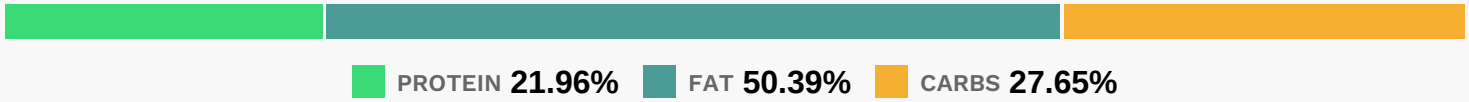
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place the spareribs in a heavy pot with half the onion, half the minced garlic, and the thyme sprigs.
- ☐ Cover with a lid or foil and bake for 1 1/2 hours.
- ☐ Remove the ribs; set aside.
- ☐ In the same pot, over medium heat, brown the bacon.
- ☐ Remove all but about 2 tablespoons of the fat and add the celery, carrot, salt, pepper, thyme leaves, and the remaining onion and garlic (minced and whole) and cook for 1 to 2 minutes.
- ☐ Add the broth, wine, tomatoes, bay leaves, and beans. Bring to a simmer, then add the cooked ribs.
- ☐ Meanwhile, in a small bowl, mix the olive oil, bread crumbs, and parsley.
- ☐ Sprinkle the bread-crumb mixture over the cassoulet and bake for 1 hour, uncovered, occasionally pressing the bread crumbs into the cassoulet to thicken it.

- ☐ Let cool and serve.
- ☐ TIP
- ☐ To get a jump start on a weeknight dinner, complete steps 1 to 7 of the cassoulet recipe on Sunday and store, covered, on the stove for a day or in the fridge for up to 3 days. Then simply add the bread-crumb mixture and bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:54.81, Glycemic Load:9.34, Inflammation Score:-9, Nutrition Score:35.887391276982%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 799.19kcal (39.96%), Fat: 43.2g (66.47%), Saturated Fat: 13.37g (83.53%), Carbohydrates: 53.34g (17.78%), Net Carbohydrates: 43.84g (15.94%), Sugar: 7.43g (8.25%), Cholesterol: 114.82mg (38.27%), Sodium: 1394.06mg (60.61%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 42.35g (84.71%), Vitamin B1: 1.44mg (95.7%), Selenium: 50.5µg (72.14%), Manganese: 1.21mg (60.58%), Phosphorus: 497.72mg (49.77%), Vitamin B3: 9.68mg (48.4%), Vitamin B6: 0.9mg (44.93%), Iron: 7.66mg (42.55%), Potassium: 1463.03mg (41.8%), Zinc: 5.99mg (39.93%), Fiber: 9.5g (38%), Vitamin B2: 0.63mg (36.96%), Vitamin K: 37.49µg (35.7%), Folate: 132.92µg (33.23%), Copper: 0.65mg (32.44%), Magnesium: 129.56mg (32.39%), Vitamin A: 1207.56IU (24.15%), Vitamin B12: 1.25µg (20.78%), Vitamin E: 3.03mg (20.18%), Calcium: 198.71mg (19.87%), Vitamin B5: 1.84mg (18.37%), Vitamin C: 12.8mg (15.52%), Vitamin D: 0.3µg (2.02%)