



 **87%**
HEALTH SCORE

Pork Cassoulet

 Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



3325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer butcher applewood bacon smoked thick cut cut into 1-inch pieces
- 0.5 tsp pepper black
- 1 lb boston butt pork shoulder boneless cut into 1-1/2-inch chunks
- 1 cup sourdough bread crumbs fresh
- 31 oz cannellini beans rinsed canned
- 14.5 oz canned tomatoes diced drained canned
- 2 stalks celery chopped
- 0.5 cup cooking wine dry white

- 4 cloves garlic minced
- 2 tsp herbs de provence
- 0.5 lb mild sausage links to package directions and coin italian hot cut into 3/4-inch-thick slices
- 1 Tbsp olive oil
- 1 large onion chopped
- 0.3 cup parmesan cheese grated kraft

Equipment

- bowl
- frying pan
- paper towels
- oven
- slotted spoon
- dutch oven

Directions

- Cook bacon in Dutch oven or large deep skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels.
- Pour drippings into small bowl. Return 1 Tbsp. drippings to pan.
- Add sausage; cook 6 to 8 min. or until evenly browned, stirring frequently.
- Transfer to large bowl, reserving drippings in pan. Toss pork chunks with herbs and pepper.
- Add to drippings; cook 6 to 8 min. or until evenly browned, stirring occasionally.
- Transfer to bowl with sausage.
- Add 1 Tbsp. of the reserved bacon drippings to pan.
- Add onions, celery and garlic; cook 5 min., stirring frequently to scrape browned bits from bottom of pan. Stir in tomatoes and wine; bring to boil on high heat. Return pork chunks, sausage mixture and reserved bacon to skillet; cover. Simmer on low heat 1 hour to 1 hour 15 min. or until pork chunks are tender.
- Remove from heat. Stir in beans. Spoon into 2-qt. casserole.

- Heat oven to 350F.
- Mix bread crumbs, Parmesan and oil; sprinkle over casserole.
- Bake 25 to 30 min. or until casserole is hot and bubbly and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:244.5, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:81.809564828873%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 31.02mg, Quercetin: 31.02mg, Quercetin: 31.02mg, Quercetin: 31.02mg

Nutrients (% of daily need)

Calories: 3324.83kcal (166.24%), Fat: 147.04g (226.21%), Saturated Fat: 49.32g (308.23%), Carbohydrates: 249.31g (83.1%), Net Carbohydrates: 197.39g (71.78%), Sugar: 19.55g (21.72%), Cholesterol: 524.35mg (174.78%), Sodium: 3839.26mg (166.92%), Alcohol: 12.36g (100%), Alcohol %: 0.63% (100%), Protein: 227.36g (454.72%), Vitamin B1: 6.05mg (403.08%), Selenium: 246.79µg (352.55%), Vitamin B3: 60.64mg (303.19%), Phosphorus: 2978.87mg (297.89%), Vitamin B6: 5.63mg (281.65%), Manganese: 4.86mg (243.01%), Fiber: 51.92g (207.68%), Folate: 830.45µg (207.61%), Vitamin B2: 3.42mg (201.28%), Potassium: 6216.12mg (177.6%), Magnesium: 671.07mg (167.77%), Iron: 27.95mg (155.27%), Zinc: 21.81mg (145.38%), Vitamin B12: 6.79µg (113.13%), Copper: 2.18mg (108.98%), Calcium: 1043.03mg (104.3%), Vitamin B5: 9.24mg (92.38%), Vitamin K: 69.7µg (66.38%), Vitamin C: 41.68mg (50.53%), Vitamin A: 2337.83IU (46.76%), Vitamin E: 3.36mg (22.39%), Vitamin D: 0.48µg (3.18%)