

Quick Cassoulet

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

READY IN



30 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 15 ounce .5 can cannellini beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 2 carrots diced
- 2 stalks celery diced
- 1 teaspoon thyme leaves dried
- 2 cloves garlic chopped

- 0.3 teaspoon ground pepper black
- 0.5 teaspoon salt
- 0.5 pound sausage smoked sliced
- 1 tablespoon vegetable oil
- 1 small onion diced yellow

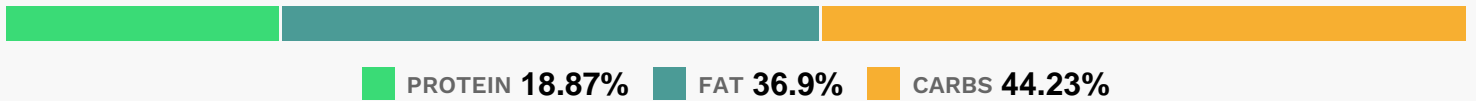
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat.
- Add the carrots, celery, onion, and garlic; cook and stir for a few minutes, until the onion is transparent.
- Add the sausage to the skillet, and cook for a few more minutes to brown.
- Pour in the kidney beans, cannellini beans and tomatoes, and season with the bay leaves, thyme, salt and pepper. Cover, and reduce the heat to low. Simmer for 10 minutes, stirring occasionally until vegetables are tender.
- Remove bay leaves and discard.
- Sprinkle parsley over the top, and serve.

Nutrition Facts



Properties

Glycemic Index:72.21, Glycemic Load:14.35, Inflammation Score:-10, Nutrition Score:29.288260833077%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 466.61kcal (23.33%), Fat: 19.6g (30.15%), Saturated Fat: 5.97g (37.34%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 38.51g (14%), Sugar: 9.27g (10.3%), Cholesterol: 40.26mg (13.42%), Sodium: 1222.79mg (53.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Vitamin A: 5419.84IU (108.4%), Manganese: 1.22mg (60.91%), Fiber: 14.33g (57.32%), Potassium: 1352.51mg (38.64%), Iron: 6.95mg (38.61%), Copper: 0.66mg (33.06%), Phosphorus: 326.59mg (32.66%), Folate: 129.53µg (32.38%), Vitamin K: 33.61µg (32.01%), Vitamin B1: 0.48mg (31.74%), Magnesium: 122.29mg (30.57%), Vitamin B6: 0.51mg (25.72%), Zinc: 3.49mg (23.26%), Vitamin B3: 4.14mg (20.7%), Vitamin E: 2.7mg (18.03%), Calcium: 178.03mg (17.8%), Vitamin C: 14.64mg (17.74%), Vitamin B2: 0.3mg (17.49%), Selenium: 11.35µg (16.21%), Vitamin B12: 0.86µg (14.27%), Vitamin B5: 1.03mg (10.35%), Vitamin D: 0.62µg (4.16%)