

Quick Cassoulet

READY IN



45 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounce bread french
- ☐ 45 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup cognac
- ☐ 0.5 cup wine dry white

- ☐ 16 inch duck sliced ()
- ☐ 2 tablespoons garlic minced
- ☐ 16 inch lamb loins sliced ()
- ☐ 1 cup beef broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 16 inch pork sausage sliced (8 ounces)
- ☐ 0.3 teaspoon salt
- ☐ 5 thyme leaves
- ☐ 1.5 tablespoons butter unsalted

Equipment

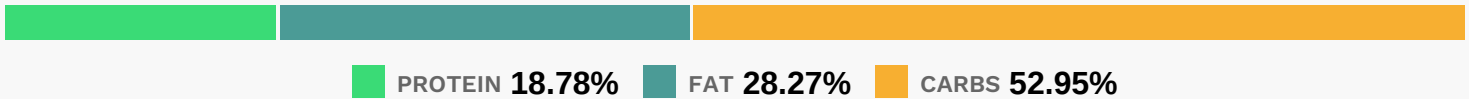
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 32
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sausages; cook 6 minutes, stirring frequently.
- ☐ Remove sausages from pan using a slotted spoon; drain. Wipe pan with paper towels, leaving browned bits on bottom of pan. Coat pan with cooking spray.
- ☐ Add onion and next 5 ingredients (through salt); cook 8 minutes, stirring occasionally.

- ☐ Add wine and cognac; bring to a boil. Cook 10 minutes or until liquid almost evaporates, scraping pan to loosen browned bits.
- ☐ Place thyme sprigs, bay leaves, and cloves on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Add cheesecloth bag, broth, beans, and tomatoes to vegetable mixture; stir to combine. Return sausages to pan; stir. Bring mixture to a boil, and remove from heat.
- ☐ Place bread in a food processor; pulse 10 times or until fine crumbs measure 2 cups. Melt butter in a large skillet over medium-high heat.
- ☐ Add crumbs to pan; saut 5 minutes or until golden, stirring frequently.
- ☐ Sprinkle crumbs evenly over bean mixture.
- ☐ Bake at 325 for 40 minutes. Discard cheesecloth bag before serving.

Nutrition Facts



Properties

Glycemic Index:49.81, Glycemic Load:13.76, Inflammation Score:0, Nutrition Score:20.292173893555%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 384.79kcal (19.24%), Fat: 11.49g (17.68%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 38.38g (13.96%), Sugar: 5.01g (5.57%), Cholesterol: 16.87mg (5.62%), Sodium: 322mg (14%), Alcohol: 4.05g (100%), Alcohol %: 1.53% (100%), Protein: 17.18g (34.35%), Manganese: 1.21mg (60.57%), Fiber: 10.03g (40.12%), Iron: 6.51mg (36.18%), Folate: 132.24µg (33.06%), Vitamin A: 1586.03IU (31.72%), Potassium: 1085.32mg (31.01%), Magnesium: 106.91mg (26.73%), Copper: 0.53mg (26.65%), Phosphorus: 219.43mg (21.94%), Vitamin B1: 0.3mg (20.07%), Vitamin E: 2.63mg (17.51%), Calcium: 172.17mg (17.22%), Zinc: 2.55mg (16.98%), Vitamin B6: 0.32mg (15.97%), Vitamin K: 14.1µg (13.43%), Selenium: 8.99µg (12.85%), Vitamin B3: 2.51mg (12.55%), Vitamin C:

8.72mg (10.57%), Vitamin B2: 0.17mg (10.09%), Vitamin B5: 0.76mg (7.57%), Vitamin B12: 0.18µg (2.96%)