

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 brandy
- ☐ 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 sprigs
- ☐ 1.5 tablespoons butter unsalted

Equipment

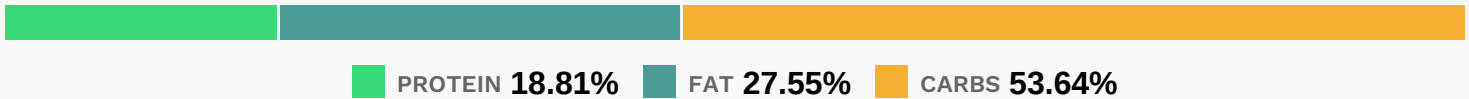
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cheesecloth

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:52.54, Glycemic Load:15.81, Inflammation Score:-9, Nutrition Score:20.136956328931%

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: 384.51kcal (19.23%), Fat: 11.19g (17.22%), Saturated Fat: 3.7g (23.16%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 39.26g (14.28%), Sugar: 4.86g (5.4%), Cholesterol: 16.87mg (5.62%), Sodium: 340.29mg (14.8%), Alcohol: 4.05g (100%), Alcohol %: 1.53% (100%), Protein: 17.19g (34.38%), Manganese: 1.12mg (55.84%), Fiber: 9.78g (39.1%), Iron: 6.56mg (36.42%), Folate: 137.62µg (34.41%), Vitamin A: 1585.74IU (31.71%), Potassium: 1081.92mg (30.91%), Copper: 0.53mg (26.67%), Magnesium: 105.63mg (26.41%), Vitamin B1: 0.34mg (22.89%), Phosphorus: 216.03mg (21.6%), Vitamin E: 2.63mg (17.53%), Zinc: 2.55mg (16.98%), Calcium: 161.82mg (16.18%), Vitamin B6: 0.32mg (15.94%), Vitamin K: 13.5µg (12.86%), Selenium: 8.96µg (12.81%), Vitamin B3: 2.4mg (12%),

Vitamin B2: 0.2mg (11.55%), Vitamin C: 8.69mg (10.53%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.18µg (2.96%)