



HEALTH SCORE

67%

Quick Chicken Cassoulet



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf dried whole
- ☐ 1 cup bread crumbs fresh
- ☐ 14 oz canned tomatoes diced canned
- ☐ 30 oz beans white drained and rinsed canned
- ☐ 4 oz carrots diced peeled ()
- ☐ 1 cup chunks chicken cooked (see note above)
- ☐ 8 ounces duck sausages cooked sliced
- ☐ 0.5 cup fat-skimmed chicken broth

- ☐ 4 cloves garlic minced peeled
- ☐ 1 teaspoon herbs de provence
- ☐ 2.5 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced

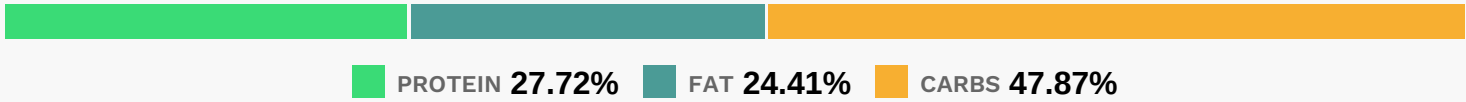
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a bowl, mix bread crumbs and 2 tablespoons oil until well combined.
- ☐ Pour remaining 1/2 tablespoon oil into a 3-quart ovenproof pan over medium heat. When hot, add shallots, garlic, and carrot and stir occasionally until carrot is tender, about 7 minutes.
- ☐ Add beans, chicken, sausages, tomatoes, herbes de Provence, bay leaf, chicken broth, salt, and pepper; stir until well combined.
- ☐ Cover and bake in a 350 regular or convection oven until beans are hot, about 30 minutes; uncover and sprinkle top evenly with bread-crumb mixture.
- ☐ Bake until top is browned and edges are bubbling, about 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:8.54, Inflammation Score:-10, Nutrition Score:25.074347599693%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 419.27kcal (20.96%), Fat: 11.45g (17.62%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 41.18g (14.97%), Sugar: 5.08g (5.65%), Cholesterol: 45.85mg (15.28%), Sodium: 565.64mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.52%), Vitamin A: 3268.36IU (65.37%), Manganese: 1.08mg (54.16%), Iron: 7.02mg (39%), Fiber: 9.35g (37.42%), Vitamin B3: 6.98mg (34.92%), Selenium: 22.8µg (32.57%), Folate: 128.55µg (32.14%), Phosphorus: 308.76mg (30.88%), Potassium: 1063.89mg (30.4%), Vitamin B6: 0.55mg (27.62%), Vitamin B1: 0.4mg (26.96%), Magnesium: 106.4mg (26.6%), Copper: 0.49mg (24.38%), Zinc: 3.01mg (20.05%), Calcium: 183.57mg (18.36%), Vitamin E: 2.57mg (17.13%), Vitamin B2: 0.27mg (15.99%), Vitamin K: 16.36µg (15.58%), Vitamin B5: 1.16mg (11.59%), Vitamin C: 9.03mg (10.95%), Vitamin B12: 0.28µg (4.64%)