



Quick Pork Cassoulet

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

READY IN



50 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 10 oz condensed beef broth canned
- 19 oz cannellini beans beans white rinsed drained canned
- 3 carrots sliced
- 1 clove garlic minced
- 0.3 lb kielbasa sliced
- 1 Tbsp olive oil
- 1 onion chopped

- 1 lb pork loin chops
- 0.5 tsp thyme leaves dried
- 2 Tbsp each: flour and water

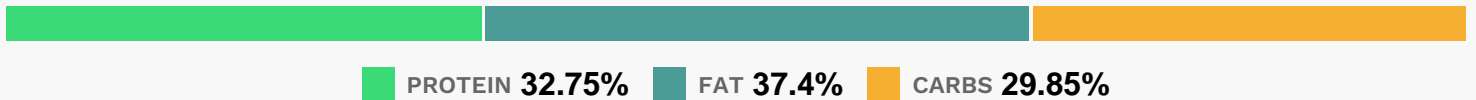
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chops; cook 2 min. on each side or until browned on both sides. Move to one side of skillet.
- Add kielbasa, carrots, onions and garlic; cook 2 min., stirring occasionally.
- Add broth, bay leaf and thyme; stir. Cover skillet with lid. Bring mixture to boil. Reduce heat to medium-low; simmer 25 min. or until chops are cooked through. Stir in beans.
- Mix flour and water.
- Add to ingredients in skillet; mix well. Cook 5 min. or until thickened, stirring frequently.
- Remove and discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:51.96, Glycemic Load:9.07, Inflammation Score:-10, Nutrition Score:32.000869502192%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 488.65kcal (24.43%), Fat: 20.2g (31.08%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 28.03g (10.19%), Sugar: 3.73g (4.15%), Cholesterol: 95.82mg (31.94%), Sodium: 606.41mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.8g (79.6%), Vitamin A: 7654.45IU (153.09%), Vitamin B1: 1.07mg (71.58%), Selenium: 45.49µg (64.99%), Vitamin B3: 11.23mg (56.14%), Vitamin B6: 1.09mg (54.57%), Phosphorus: 451.86mg (45.19%), Manganese: 0.84mg (41.98%), Potassium: 1330.13mg (38%), Fiber: 8.25g (32.99%), Iron: 5.38mg (29.88%), Magnesium: 112.24mg (28.06%), Zinc: 3.98mg (26.54%), Folate: 103.54µg (25.89%), Copper: 0.44mg (21.84%), Vitamin B2: 0.35mg (20.69%), Vitamin B12: 0.93µg (15.47%), Vitamin B5: 1.38mg (13.79%), Calcium: 137.55mg (13.75%), Vitamin E: 2.02mg (13.49%), Vitamin K: 12.17µg (11.59%), Vitamin C: 5.42mg (6.57%), Vitamin D: 0.45µg (3.02%)