



 **18%**  
HEALTH SCORE

## Quick White Bean, Asparagus, and Mushroom Cassoulet

READY IN



38 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups asparagus (2-inch) (1 pound)
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter cut into small pieces
- 30 ounce .5 can cannellini beans rinsed drained canned
- 0.5 teaspoon marjoram dried
- 0.3 cup wine dry white
- 2 ounces bread french cut into 1-inch cubes
- 6 garlic clove minced

- 2 tablespoons olive oil extra virgin extra-virgin divided
- 10 ounces oyster mushrooms sliced
- 2 ounces parmesan grated
- 0.3 cup shallots finely chopped
- 1.5 cups vegetable stock organic
- 5 cups water

## Equipment

- food processor
- frying pan
- broiler

## Directions

- Bring 5 cups water to a boil in a large stainless-steel skillet, and add asparagus to pan. Cover and cook 2 minutes; drain. Rinse asparagus with cold water; drain well. Set aside.
- Return pan to medium-high heat.
- Add 1 tablespoon oil, swirling to coat.
- Add mushrooms, shallots, and garlic; saut 8 minutes or until mushrooms are tender.
- Add wine; cook 3 minutes or until liquid evaporates. Stir in broth, marjoram, and beans; bring to a simmer. Reduce heat to medium, and cook for 12 minutes or until thick and beans are very tender. Stir in black pepper.
- Preheat broiler.
- Place French bread and butter in a food processor, and pulse until coarse crumbs form.
- Add the remaining 1 tablespoon oil and cheese to coarse breadcrumbs; pulse until combined. Stir asparagus into bean mixture; sprinkle coarse breadcrumb mixture evenly over bean mixture. Broil 3 minutes or until crumbs are golden brown.

## Nutrition Facts



PROTEIN 21.52%  FAT 29.03%  CARBS 49.45%

## Properties

Glycemic Index:85.38, Glycemic Load:8.17, Inflammation Score:-8, Nutrition Score:22.481739085654%

## 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg

## Nutrients (% of daily need)

Calories: 415.63kcal (20.78%), Fat: 14.3g (22%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 39.82g (14.48%), Sugar: 5.94g (6.6%), Cholesterol: 17.16mg (5.72%), Sodium: 1178.16mg (51.22%), Alcohol: 1.54g (100%), Alcohol %: 0.23% (100%), Protein: 23.85g (47.71%), Fiber: 15g (60%), Iron: 8.77mg (48.74%), Vitamin K: 47.18µg (44.94%), Calcium: 356.39mg (35.64%), Vitamin B2: 0.51mg (29.96%), Phosphorus: 273.06mg (27.31%), Vitamin B3: 5.31mg (26.54%), Folate: 104.77µg (26.19%), Manganese: 0.48mg (24.15%), Vitamin B1: 0.36mg (24.03%), Vitamin A: 1182.56IU (23.65%), Copper: 0.47mg (23.47%), Potassium: 627.61mg (17.93%), Selenium: 12.33µg (17.61%), Vitamin B6: 0.33mg (16.47%), Vitamin E: 2.3mg (15.33%), Vitamin B5: 1.4mg (14%), Zinc: 1.81mg (12.06%), Magnesium: 47.65mg (11.91%), Vitamin C: 8.62mg (10.44%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.18µg (2.93%)