



Roasted Garlic and Butternut Squash Cassoulet

READY IN



45 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4.5 cups butternut squash cubed peeled () (2 pounds)
- ☐ 64 ounce cannellini beans white rinsed drained canned
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove whole
- ☐ 0.5 teaspoon olive oil

- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion vertically sliced
- ☐ 4 ounces pancetta chopped
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable stock organic (such as Swanson Certified)
- ☐ 2 ounce sandwich bread white
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

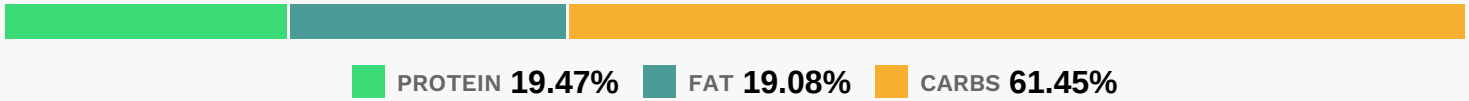
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Set half of garlic pulp aside; reserve remaining garlic pulp for another use. Discard skins.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add pancetta; saut 5 minutes or until crisp.
- ☐ Remove pancetta from pan, reserving drippings in pan.
- ☐ Add onion and 1 tablespoon oil to drippings in pan; saut 5 minutes. Reduce heat to medium-low; cook 25 minutes or until onion is very tender and browned, stirring frequently. Stir in vinegar.
- ☐ Preheat oven to 37

- ☐
- Add garlic pulp, pancetta, squash, and next 6 ingredients (through bay leaf) to onion mixture, stirring well.
- ☐
- Place bread in a food processor, and pulse 10 times or until coarse crumbs measure about 1 cup.
- ☐
- Combine breadcrumbs, Parmesan cheese, and 1/2 teaspoon olive oil; sprinkle evenly over squash mixture. Cover and bake at 375 for 50 minutes or until squash is tender. Uncover and bake an additional 15 minutes or until topping is browned. Discard bay leaf.
- ☐
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.35, Glycemic Load:14.98, Inflammation Score:-10, Nutrition Score:28.267825936494%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 412.93kcal (20.65%), Fat: 8.99g (13.83%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 51.79g (18.83%), Sugar: 4.61g (5.12%), Cholesterol: 10.21mg (3.4%), Sodium: 295.76mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Vitamin A: 8463.76IU (169.28%), Manganese: 1.44mg (72.02%), Fiber: 13.36g (53.45%), Folate: 185.2µg (46.3%), Iron: 7.87mg (43.7%), Potassium: 1408.79mg (40.25%), Magnesium: 151.23mg (37.81%), Copper: 0.62mg (30.84%), Phosphorus: 282.27mg (28.23%), Vitamin B1: 0.39mg (26.13%), Vitamin C: 20.33mg (24.64%), Calcium: 245.99mg (24.6%), Vitamin E: 3.31mg (22.07%), Zinc: 3.01mg (20.04%), Vitamin B6: 0.39mg (19.52%), Vitamin K: 18.17µg (17.31%), Selenium: 9.06µg (12.94%), Vitamin B3: 2.17mg (10.86%), Vitamin B5: 0.91mg (9.11%), Vitamin B2: 0.14mg (8.49%), Vitamin B12: 0.09µg (1.43%)