



## Round 2 : French Stew

READY IN



20 min.

SERVINGS



2

CALORIES



1077 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces bacon
- 2 servings pepper black freshly ground
- 0.3 cup breadcrumbs
- 30 ounce beans red drained and rinsed canned
- 2 teaspoons canola oil
- 0.5 cup chicken broth
- 1 tablespoon parsley fresh chopped
- 2 tablespoons garlic chopped
- 2 servings kosher salt

- 2 plum tomatoes chopped
- 2 mild sausage links to package directions and coin cut into 1/2-inch-thick rounds
- 4 roasted tomato halves
- 1 tablespoon butter unsalted
- 1 medium onion yellow chopped

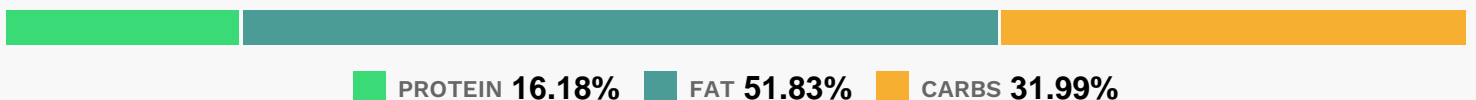
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In a medium skillet over medium-high heat, add the oil. When it is hot, add the sausage pieces and cook until lightly browned, about 5 minutes. Turn the heat to medium and add the reserved tomatoes, reserved beans and chicken broth. Cook until everything is hot and bubbling, 3 to 5 minutes.
- Meanwhile, in a small skillet over medium heat, melt the butter.
- Add the breadcrumbs and cook, stirring frequently, until they are browned, about 5 minutes.
- To serve, divide the sausage and beans into 2 bowls and spoon the breadcrumbs on top.
- Cook the bacon in a large skillet, working in batches, until it is crisp.
- Drain on a plate lined with a brown paper bag or paper towels. Chop into 1/2-inch pieces.
- Remove all except 1 tablespoon of the bacon fat from the skillet and put it over medium heat.
- Add the onions and cook until they are soft, about 5 minutes.
- Add the garlic and cook for about 1 minute, being careful not to let the garlic burn.
- Add the tomatoes and beans and cook until the beans are heated through, about 2 minutes. Stir in the bacon and parsley. Reserve 1 1/2 cups for the Round 2 Recipe French Bean Stew.

## Nutrition Facts



## Properties

Glycemic Index:134.5, Glycemic Load:24.14, Inflammation Score:-9, Nutrition Score:40.519565333491%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

## Nutrients (% of daily need)

Calories: 1076.89kcal (53.84%), Fat: 62.72g (96.49%), Saturated Fat: 21.28g (132.97%), Carbohydrates: 87.11g (29.04%), Net Carbohydrates: 61.54g (22.38%), Sugar: 14.53g (16.14%), Cholesterol: 105.47mg (35.16%), Sodium: 2489.94mg (108.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.06g (88.11%), Fiber: 25.58g (102.3%), Manganese: 1.77mg (88.4%), Phosphorus: 725.98mg (72.6%), Vitamin B1: 1.05mg (69.94%), Vitamin K: 61.69µg (58.75%), Potassium: 1827.44mg (52.21%), Vitamin B3: 9.51mg (47.53%), Vitamin B6: 0.95mg (47.49%), Selenium: 32.82µg (46.88%), Copper: 0.87mg (43.68%), Magnesium: 173.77mg (43.44%), Iron: 7.61mg (42.31%), Folate: 151.19µg (37.8%), Zinc: 5.05mg (33.64%), Vitamin B2: 0.55mg (32.34%), Vitamin C: 22.83mg (27.67%), Calcium: 200.58mg (20.06%), Vitamin A: 955.33IU (19.11%), Vitamin B5: 1.67mg (16.67%), Vitamin B12: 0.81µg (13.46%), Vitamin E: 1.88mg (12.51%), Vitamin D: 0.82µg (5.46%)