



Sausage and Chicken Cassoulet



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1-inch pieces
- ☐ 2 lb chicken thighs bone-in skinless
- ☐ 1 cup baby carrots
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 4 oz kielbasa cut into 1/2-inch pieces

- ☐ 30 oz navy beans rinsed drained canned
- ☐ 14.5 oz tomatoes diced with roasted garlic, undrained canned

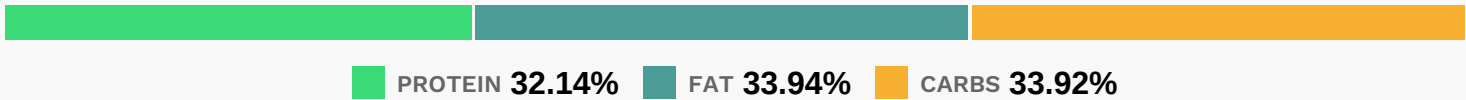
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 12-inch nonstick skillet, cook bacon over medium-high heat until crisp.
- ☐ Remove from skillet; drain on paper towels. Reserve 1 tablespoon drippings in skillet.
- ☐ Add chicken to skillet; cook over medium-high heat about 4 minutes, turning once, until golden brown. Stir in carrots, onion, thyme, salt and pepper; cook 4 to 5 minutes or until chicken and vegetables are browned.
- ☐ Drain well.
- ☐ Remove chicken from skillet.
- ☐ In ungreased 13x9-inch (3-quart) glass baking dish, mix sausage, beans, tomatoes, bacon, carrots and onion. Top with chicken thighs; cover with foil.
- ☐ Bake about 45 minutes or until juice of chicken is clear when thickest part is cut to bone (180°F) and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:24.909130454063%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 415.9kcal (20.79%), Fat: 15.73g (24.19%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.61g (4.01%), Cholesterol: 109.09mg (36.36%), Sodium: 1287.4mg (55.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.01%), Vitamin A: 3065.78IU (61.32%), Selenium: 35.35µg (50.5%), Phosphorus: 429.75mg (42.98%), Vitamin B3: 7.63mg (38.13%), Vitamin B6: 0.74mg (37.02%), Fiber: 8.83g (35.31%), Manganese: 0.68mg (33.8%), Vitamin B1: 0.46mg (30.7%), Folate: 105.83µg (26.46%), Potassium: 906.33mg (25.9%), Magnesium: 103.58mg (25.89%), Iron: 4.63mg (25.73%), Copper: 0.45mg (22.29%), Zinc: 3.17mg (21.14%), Vitamin B2: 0.33mg (19.36%), Vitamin B5: 1.68mg (16.84%), Vitamin B12: 0.84µg (13.99%), Vitamin E: 1.8mg (12.01%), Vitamin C: 9.63mg (11.67%), Calcium: 110.76mg (11.08%), Vitamin K: 10.92µg (10.4%)