



## Shortcut Chicken Cassoulet

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 30 oz cannellini beans white rinsed drained canned ( )
- ☐ 2 carrots peeled chopped (8 oz. total)
- ☐ 1 bay leaves dried
- ☐ 0.7 cup fat-skimmed beef broth
- ☐ 1 ounce bread french
- ☐ 2 teaspoons thyme sprigs dried fresh
- ☐ 1 teaspoon olive oil
- ☐ 8 oz onion peeled chopped

- ☐ 1 tablespoon parsley chopped
- ☐ 4 servings salt
- ☐ 8 ounces turkey kielbasa (Polish)
- ☐ 16 oz strips.

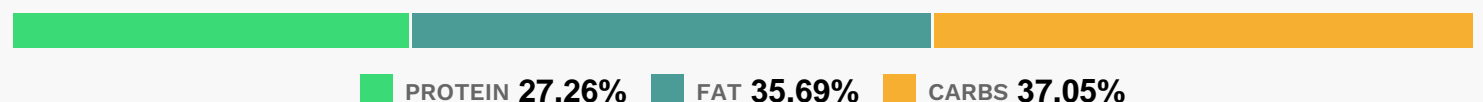
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Remove and discard excess fat from chicken; rinse thighs and pat dry.
- ☐ Cut sausages into 1/2-inch-thick slices.
- ☐ Cut or tear bread into 1/2-inch chunks. Whirl in a food processor or blender into coarse crumbs; you should have 1/2 cup. In a 5- to 6-quart nonstick pan over medium-high heat, stir crumbs in 1/2 teaspoon olive oil until lightly browned and crisp, about 5 minutes.
- ☐ Scrape into a bowl.
- ☐ Return pan to high heat; add remaining 1/2 teaspoon oil. When hot, add chicken and sausages; turn occasionally to brown on all sides, 4 to 6 minutes total. As chicken and sausages are browned, transfer to a plate.
- ☐ Add onion and carrots to pan; stir often until onion is limp, about 5 minutes.
- ☐ Add broth, thyme, bay leaf, beans, chicken, and sausages; cover and bring to a boil. Reduce heat to low and simmer, stirring occasionally, until chicken is no longer pink in center of thickest part (cut to test), 5 to 7 minutes.
- ☐ Spoon cassoulet into shallow bowls and sprinkle with toasted bread crumbs and parsley.
- ☐ Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:65.58, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:37.776956216149%

## Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

## Nutrients (% of daily need)

Calories: 646.58kcal (32.33%), Fat: 25.81g (39.7%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 60.27g (20.09%), Net Carbohydrates: 47.4g (17.24%), Sugar: 6.67g (7.41%), Cholesterol: 141.18mg (47.06%), Sodium: 1191.25mg (51.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.35g (88.7%), Vitamin A: 5399.86IU (108%), Iron: 13.36mg (74.2%), Manganese: 1.29mg (64.63%), Selenium: 40.37µg (57.67%), Phosphorus: 517.94mg (51.79%), Fiber: 12.87g (51.48%), Vitamin B6: 0.89mg (44.61%), Potassium: 1521.3mg (43.47%), Folate: 173.82µg (43.46%), Vitamin B3: 8.54mg (42.7%), Magnesium: 158.27mg (39.57%), Zinc: 5.29mg (35.25%), Copper: 0.68mg (33.76%), Vitamin C: 26.17mg (31.73%), Vitamin K: 30.31µg (28.86%), Vitamin B1: 0.43mg (28.59%), Vitamin B2: 0.4mg (23.73%), Calcium: 210.27mg (21.03%), Vitamin B5: 1.78mg (17.76%), Vitamin B12: 1.05µg (17.42%), Vitamin E: 2.35mg (15.65%), Vitamin D: 0.23µg (1.51%)