



Slow-Cooker French Pork and Bean Casserole

 **Gluten Free**  **Dairy Free**

READY IN



415 min.

SERVINGS



5

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon chopped
- 1 lb pork ribs boneless country-style cut into 3/4-inch pieces
- 0.5 cup onion finely chopped
- 1 cup carrots shredded
- 14.5 oz tomatoes diced undrained canned
- 8 oz tomato sauce canned
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon pepper

- 30 oz great northern beans drained canned
- 0.5 lb kielbasa cooked cut into 1/2-inch pieces

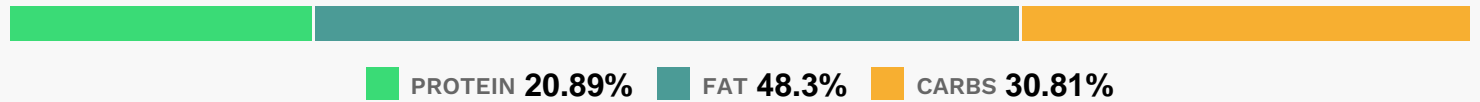
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, cook bacon, pork pieces and onion over medium-high heat 8 to 10 minutes, stirring occasionally, until pork begins to brown.
- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In cooker, place pork mixture. Stir in remaining ingredients except beans and kielbasa.
- Layer beans over top.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir in kielbasa. Increase heat setting to High. Cover; cook 30 minutes longer or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:30.570869632389%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 597.05kcal (29.85%), Fat: 32.38g (49.81%), Saturated Fat: 10.89g (68.09%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 35.54g (12.92%), Sugar: 5.46g (6.07%), Cholesterol: 88.36mg (29.45%), Sodium: 864.79mg (37.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.02%), Vitamin A: 4593.01IU

(91.86%), Vitamin B1: 0.77mg (51.36%), Manganese: 0.93mg (46.25%), Selenium: 31.21µg (44.59%), Phosphorus: 437.44mg (43.74%), Fiber: 10.93g (43.73%), Vitamin B6: 0.85mg (42.33%), Folate: 157.46µg (39.37%), Potassium: 1275.3mg (36.44%), Vitamin B3: 6.97mg (34.87%), Magnesium: 125.82mg (31.45%), Iron: 5.37mg (29.83%), Zinc: 3.99mg (26.57%), Vitamin B2: 0.43mg (25.4%), Copper: 0.5mg (24.95%), Vitamin C: 16.82mg (20.39%), Calcium: 152.03mg (15.2%), Vitamin B5: 1.45mg (14.54%), Vitamin B12: 0.73µg (12.16%), Vitamin E: 1.66mg (11.06%), Vitamin D: 1.5µg (9.97%), Vitamin K: 7.42µg (7.07%)