



Slow-Cooker Pork Cassoulet

 Gluten Free

READY IN



465 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon
- 1 lb boston butt pork shoulder boneless cut into 1-1/2-inch chunks
- 31 oz cannellini beans rinsed canned
- 14.5 oz canned tomatoes diced drained canned
- 2 stalks celery sliced
- 4 cloves garlic minced
- 2 tsp herbs de provence
- 0.5 lb sausage italian crumbled

- 1 large onion chopped
- 0.3 cup parmesan cheese grated kraft
- 2 Tbsp tomato paste

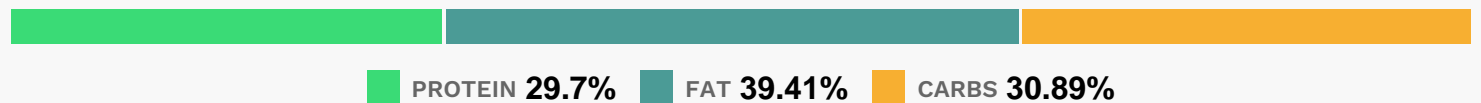
Equipment

- slow cooker

Directions

- Combine all ingredients except beans, bacon and cheese in slow cooker; cover with lid. Cook on LOW 7 to 8 hours (or on HIGH 3 to 4 hours).
- Add beans to ingredients in slow cooker; cook, covered, on HIGH 15 min. or until heated through. Meanwhile, cook bacon until crisp; drain.
- Crumble bacon; sprinkle over ingredients in slow cooker along with the cheese.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:28.340000308078%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 504.26kcal (25.21%), Fat: 22.17g (34.11%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 30.21g (10.99%), Sugar: 3.55g (3.94%), Cholesterol: 87.39mg (29.13%), Sodium: 645.3mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.19%), Vitamin B1: 1.01mg (67.16%), Selenium: 40.12µg (57.31%), Vitamin B3: 10.51mg (52.55%), Vitamin B6: 1.01mg (50.55%), Phosphorus: 505.16mg (50.52%), Manganese: 0.81mg (40.49%), Fiber: 8.88g (35.54%), Vitamin B2: 0.59mg (34.88%), Folate: 138.56µg (34.64%), Potassium: 1197mg (34.2%), Magnesium: 117.84mg (29.46%), Iron: 4.85mg (26.92%), Zinc: 3.69mg (24.6%), Copper: 0.42mg (20.99%), Vitamin B12: 1.13µg (18.85%), Calcium: 171.45mg (17.15%), Vitamin C: 13.25mg (16.07%), Vitamin

B5: 1.6mg (16.01%), Vitamin K: 12.42µg (11.83%), Vitamin E: 0.91mg (6.05%), Vitamin A: 276.17IU (5.52%)