



## Slow-Cooker Pork Cassoulet

 Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices bacon
- 2 lb pork tenderloin cut into 1 1/2-inch pieces
- 2 cups onion chopped
- 3 cloves garlic finely chopped
- 46.5 oz navy beans rinsed drained canned
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 1 cup chicken broth
- 0.5 cup wine dry white

- 2 tablespoons tomato paste
- 2 tablespoons parsley fresh chopped
- 3 teaspoons thyme sprigs fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 1 tablespoon butter
- 0.5 cup panko bread crumbs crispy
- 1 tablespoon red wine vinegar

## Equipment

- frying pan
- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In 12-inch nonstick skillet, cook bacon over medium heat until crisp. Crumble bacon; place in slow cooker.
- Heat drippings over medium-high heat.
- Add the pork slices; cook 4 minutes, turning once, until browned.
- Place pork in slow cooker. In same skillet, cook onions and garlic over medium-high heat 5 minutes or until tender. In slow cooker, stir onion mixture, beans, tomatoes, broth, wine, tomato paste, 1 tablespoon of the parsley, 2 teaspoons of the thyme, the salt and pepper.
- Cover; cook on Low heat setting 8 hours. In nonstick skillet, melt butter over medium-high heat.
- Add bread crumbs; cook until browned. Stir in remaining 1 tablespoon parsley and 1 teaspoon thyme. Uncover slow cooker; stir in vinegar.
- Sprinkle bread crumb mixture over cassoulet.

## Nutrition Facts



PROTEIN 34.97%  FAT 25.74%  CARBS 39.29%

## Properties

Glycemic Index:37.67, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:39.620434854342%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg

## Nutrients (% of daily need)

Calories: 622.81kcal (31.14%), Fat: 17.36g (26.7%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 46.27g (16.83%), Sugar: 5.81g (6.45%), Cholesterol: 113.58mg (37.86%), Sodium: 1758.36mg (76.45%), Alcohol: 2.06g (100%), Alcohol %: 0.44% (100%), Protein: 53.05g (106.1%), Vitamin B1: 1.95mg (129.71%), Selenium: 65.19µg (93.12%), Vitamin B6: 1.56mg (77.85%), Phosphorus: 731.94mg (73.19%), Vitamin B3: 12.66mg (63.31%), Manganese: 1.09mg (54.35%), Fiber: 13.34g (53.36%), Vitamin B2: 0.73mg (42.7%), Potassium: 1457.23mg (41.64%), Magnesium: 161.94mg (40.49%), Folate: 155.12µg (38.78%), Iron: 6.9mg (38.32%), Zinc: 5.08mg (33.87%), Copper: 0.68mg (33.76%), Vitamin K: 29.77µg (28.35%), Vitamin B5: 1.9mg (19.01%), Calcium: 171.01mg (17.1%), Vitamin E: 2.49mg (16.57%), Vitamin B12: 0.92µg (15.4%), Vitamin C: 11.75mg (14.24%), Vitamin A: 612.73IU (12.25%), Vitamin D: 0.54µg (3.61%)