



Smoked Sausage Cassoulet

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound pork loin roast boneless lean trimmed cut into 1-inch cubes
- ☐ 29 ounce tomatoes diced drained canned
- ☐ 30 ounce cannellini beans rinsed drained canned
- ☐ 0.5 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 teaspoons flat-leaf parsley fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 2 cups onion chopped
- ☐ 8 teaspoons parmesan cheese fresh shredded finely
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound sausage smoked cut into 1/2-inch cubes reduced-fat

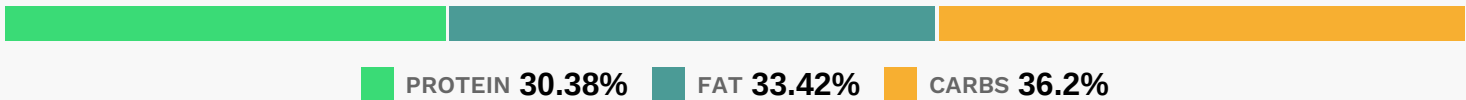
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Cook bacon in a large skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion, thyme, rosemary, and garlic to drippings in pan; saut 3 minutes or until tender. Stir in crumbled bacon, salt, pepper, and tomatoes; bring to a boil.
- ☐ Remove from heat.
- ☐ Place half of beans in a large bowl; mash with a potato masher until chunky.
- ☐ Add remaining half of beans, pork, and sausage; stir well.
- ☐ Place half of bean mixture in a 3 1/2-quart electric slow cooker; top with half of tomato mixture. Repeat layers. Cover and cook on LOW for 5 hours. Ladle into bowls.
- ☐ Sprinkle with Parmesan cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:19.664782503377%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 344.09kcal (17.2%), Fat: 12.88g (19.82%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 24.38g (8.86%), Sugar: 4.16g (4.63%), Cholesterol: 60.16mg (20.05%), Sodium: 619.11mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.69%), Vitamin B6: 0.78mg (39.09%), Vitamin B1: 0.56mg (37.35%), Selenium: 25.58µg (36.55%), Phosphorus: 350.71mg (35.07%), Manganese: 0.63mg (31.25%), Vitamin B3: 5.68mg (28.41%), Fiber: 7.02g (28.1%), Potassium: 910.03mg (26%), Folate: 103.71µg (25.93%), Magnesium: 89.6mg (22.4%), Iron: 3.57mg (19.81%), Zinc: 2.64mg (17.59%), Vitamin C: 14.45mg (17.51%), Vitamin B2: 0.3mg (17.36%), Copper: 0.32mg (15.78%), Vitamin B12: 0.76µg (12.61%), Calcium: 119.6mg (11.96%), Vitamin B5: 1.06mg (10.57%), Vitamin K: 7.16µg (6.82%), Vitamin E: 0.82mg (5.46%), Vitamin D: 0.57µg (3.77%), Vitamin A: 145.04IU (2.9%)