



Speedy Cassoulet

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz great northern beans rinsed drained canned
- 14.5 oz canned tomatoes diced with garlic and onions (or other variety), undrained organic canned
- 14 oz chicken broth canned
- 0.5 lb turkey kielbasa fully cooked cut into 1/2-inch slices (1 1/2 cups) (turkey Polish sausage)
- 1.5 cups bell pepper green frozen chopped thawed (from 10-oz bag)
- 1 serving seasoned bread crumbs

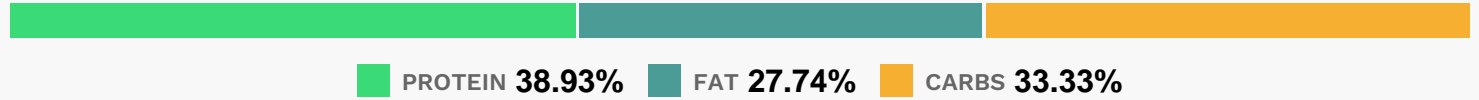
Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat beans, tomatoes, broth and kielbasa to boiling, stirring occasionally; reduce heat.
- Stir in bell peppers. Simmer uncovered 5 minutes, stirring occasionally.
- Sprinkle with bread crumbs.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:28.348260646281%

Flavonoids

Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 447.98kcal (22.4%), Fat: 13.93g (21.43%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 28.93g (10.52%), Sugar: 7.82g (8.69%), Cholesterol: 79.69mg (26.56%), Sodium: 1331.36mg (57.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.98%), Vitamin C: 73.06mg (88.56%), Iron: 10.05mg (55.84%), Selenium: 36.44µg (52.05%), Phosphorus: 449.77mg (44.98%), Vitamin B6: 0.8mg (40.04%), Manganese: 0.71mg (35.73%), Fiber: 8.74g (34.98%), Vitamin B3: 6.63mg (33.17%), Zinc: 4.77mg (31.77%), Potassium: 1041.32mg (29.75%), Folate: 114.55µg (28.64%), Magnesium: 114.54mg (28.63%), Copper: 0.51mg (25.68%), Vitamin B1: 0.33mg (21.68%), Vitamin B12: 1.24µg (20.75%), Vitamin B2: 0.34mg (20.03%), Vitamin A: 689.78IU (13.8%), Vitamin K: 13.47µg (12.83%), Calcium: 127.22mg (12.72%), Vitamin E: 1.87mg (12.44%), Vitamin B5: 0.65mg (6.52%), Vitamin D: 0.21µg (1.42%)