



Thyme-Scented White Bean Cassoulet

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter melted
- 28 ounce canned tomatoes diced undrained canned
- 1.5 cups diagonally cut carrot ()
- 0.5 teaspoon thyme leaves dried
- 0.3 cup breadcrumbs dry
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced

- 3 cups cannellini beans cooked
- 2 links meatless sausage frozen italian thawed chopped
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 0.3 cup parmesan cheese fresh grated
- 1 cup diagonally cut parsnip ()
- 0.3 teaspoon salt
- 0.8 cup vegetable broth organic

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, carrot, parsnip, and garlic; cover and cook 5 minutes or until tender.
- Place in a 5-quart electric slow cooker.
- Add beans and next 6 ingredients (through bay leaf). Cover and cook on low 8 hours or until vegetables are tender.
- Combine breadcrumbs, cheese, and butter in a small bowl; toss with a fork until moist. Stir breadcrumb mixture and sausage into bean mixture; sprinkle with parsley.

Nutrition Facts



PROTEIN 17.09% FAT 25.22% CARBS 57.69%

Properties

Glycemic Index:63.31, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:25.787391419644%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 285.23kcal (14.26%), Fat: 8.43g (12.97%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 31.7g (11.53%), Sugar: 10.69g (11.87%), Cholesterol: 12.87mg (4.29%), Sodium: 549.64mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Vitamin A: 5960.84IU (119.22%), Manganese: 1mg (50.09%), Fiber: 11.71g (46.84%), Vitamin K: 41.93µg (39.93%), Folate: 143.58µg (35.89%), Vitamin B6: 0.62mg (31.17%), Vitamin C: 24.07mg (29.18%), Potassium: 1005.05mg (28.72%), Copper: 0.54mg (26.85%), Phosphorus: 266.98mg (26.7%), Iron: 4.47mg (24.86%), Vitamin B1: 0.35mg (23.17%), Magnesium: 90.1mg (22.53%), Calcium: 197.41mg (19.74%), Vitamin E: 2.68mg (17.85%), Vitamin B2: 0.27mg (16%), Vitamin B3: 3.08mg (15.39%), Zinc: 1.63mg (10.86%), Selenium: 7.32µg (10.46%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.44µg (7.4%)