



 **100%**
HEALTH SCORE

Vegetarian Cassoulet

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



1500 min.

SERVINGS



6

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups breadcrumbs fresh
- 57 ounce great northern beans rinsed drained canned
- 4 medium carrots halved lengthwise cut into 1-inch-wide pieces
- 3 rib celery stalks cut into 1-inch-wide pieces
- 1 tablespoon garlic chopped
- 4 garlic clove chopped
- 0.1 teaspoon ground cloves
- 3 medium leek white green (and pale parts only)

- 0.3 cup olive oil
- 0.3 cup parsley chopped
- 2 parsley
- 4 thyme sprigs
- 1 bay leaves
- 1 quart water

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- potato masher

Directions

- Halve leeks lengthwise and cut crosswise into 1/2-inch pieces, then wash well and pat dry.
- Cook leeks, carrots, celery, and garlic in oil with herb sprigs, bay leaf, cloves, and 1/2 teaspoon each of salt and pepper in a large heavy pot over medium heat, stirring occasionally, until softened and golden, about 15 minutes. Stir in beans, then water, and simmer, partially covered, stirring occasionally, until carrots are tender but not falling apart, about 30 minutes.
- Preheat oven to 350°F with rack in middle.
- Toss bread crumbs with oil, garlic, and 1/4 teaspoon each of salt and pepper in a bowl until well coated.
- Spread in a baking pan and toast in oven, stirring once halfway through, until crisp and golden, 12 to 15 minutes.
- Cool crumbs in pan, then return to bowl and stir in parsley.
- Discard herb sprigs and bay leaf. Mash some of beans in pot with a potato masher or back of a spoon to thicken broth. Season with salt and pepper. Just before serving, sprinkle with garlic crumbs.

Per serving: 516 calories, 23g fat (3g saturated), 0mg cholesterol, 370mg sodium, 64g carbohydrates, 12g fiber, 16g protein

See Nutrition Data's complete analysis of this recipe

Nutrition Data

Nutrition Facts



Properties

Glycemic Index:46.64, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:42.82217432105%

Flavonoids

Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 748.22kcal (37.41%), Fat: 17.16g (26.39%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 120.15g (40.05%), Net Carbohydrates: 101.49g (36.91%), Sugar: 8.19g (9.1%), Cholesterol: 0mg (0%), Sodium: 585.63mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.69%), Vitamin A: 7809.58IU (156.19%), Manganese: 2.13mg (106.57%), Folate: 336.32µg (84.08%), Vitamin K: 84.99µg (80.94%), Vitamin B1: 1.14mg (76.3%), Fiber: 18.66g (74.64%), Phosphorus: 522.52mg (52.25%), Iron: 9.19mg (51.06%), Magnesium: 190.73mg (47.68%), Selenium: 30.15µg (43.08%), Potassium: 1331.72mg (38.05%), Copper: 0.73mg (36.49%), Vitamin B3: 6.67mg (33.35%), Calcium: 332.27mg (33.23%), Vitamin B2: 0.5mg (29.34%), Vitamin B6: 0.58mg (28.97%), Vitamin C: 17.14mg (20.78%), Zinc: 3.04mg (20.3%), Vitamin E: 2.49mg (16.62%), Vitamin B5: 1.35mg (13.55%), Vitamin B12: 0.25µg (4.2%)