



Vegetarian Cassoulet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



560 min.

SERVINGS



8

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 cups mushroom broth
- ☐ 2 carrots diced peeled
- ☐ 4 sprigs parsley fresh
- ☐ 1 sprig rosemary fresh
- ☐ 1 sprig lemon thyme fresh chopped
- ☐ 1 pound navy beans dry
- ☐ 2 tablespoons olive oil

- ☐ 1 onion
- ☐ 1 large potatoes cubed peeled
- ☐ 1 cube vegetable bouillon

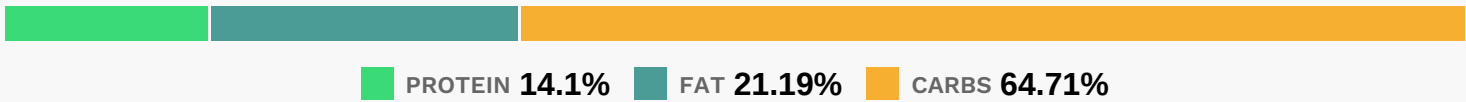
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat a small amount of oil in a skillet over medium heat. Cook and stir onion and carrots in oil until tender.
- ☐ In a slow cooker, combine beans, carrots and onion, mushroom broth, bouillon, and bay leaf.
- ☐ Pour in water if necessary to cover ingredients with water. Tie together parsley, rosemary, thyme, and savory, and add to the pot. Cook on Low for 8 hours.
- ☐ Stir in potato, and continue cooking for 1 hour.
- ☐ Remove herbs before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:10.83, Inflammation Score:-9, Nutrition Score:11.778260946274%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 163.83kcal (8.19%), Fat: 3.95g (6.08%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 19.49g (7.09%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 484.71mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Vitamin A: 2848.6IU (56.97%), Fiber: 7.67g (30.67%), Folate: 93.12µg (23.28%), Manganese: 0.41mg (20.65%), Vitamin C: 12.39mg (15.02%), Potassium: 487.34mg (13.92%), Vitamin K: 13.59µg (12.94%), Vitamin B6: 0.25mg (12.65%), Vitamin B1: 0.19mg (12.54%), Phosphorus: 117.71mg (11.77%), Magnesium: 44.34mg (11.09%), Iron: 1.85mg (10.28%), Copper: 0.18mg (9.13%), Calcium: 54.23mg (5.42%), Zinc: 0.79mg (5.24%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.62mg (4.14%), Vitamin B2: 0.07mg (3.88%), Vitamin B5: 0.35mg (3.49%), Selenium: 1.87µg (2.67%)