



Bean Pudding in the Style of Tuscany: Sformato di Fagioli

READY IN



135 min.

SERVINGS



4

CALORIES



321 kcal

Ingredients

- ☐ 1 celery stalk cut into 1/4-inch dice
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 bunch flat-leaf parsley fresh finely chopped
- ☐ 2 pounds freshly shucked beans fava, limas, cannellini, etc
- ☐ 1.5 cups milk
- ☐ 2 tablespoons olive oil extra-virgin plus more for the baking pan
- ☐ 0.3 onion spanish minced
- ☐ 0.5 cup parmigiano-reggiano freshly grated

- ☐ 4 servings salt

Equipment

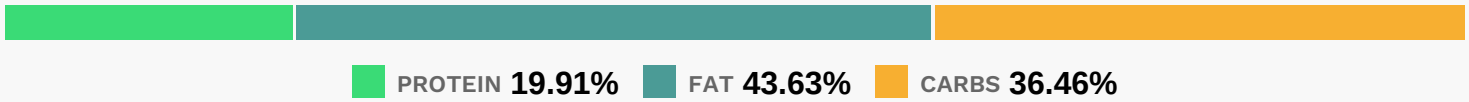
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Place the cleaned beans into a medium saucepan.
- ☐ Add water to just cover and a generous pinch of salt. Bring the water to a boil over high heat then reduce to a simmer and let simmer until the beans are tender, about 10 minutes.
- ☐ In a 12 to 14-inch saucepan, heat 2 tablespoons olive oil over a medium-high flame until hot but not smoking.
- ☐ Add the onion, celery and parsley and cook, stirring occasionally, until the onion and celery soften and turn a light golden brown, about 5 minutes.
- ☐ Add the lightly browned vegetables to the pot of beans. Bring the liquid back to a boil and then reduce to a simmer.
- ☐ Let simmer for 20 minutes more, until the beans have softened and cracked open, yielding a dry mixture.
- ☐ In a small saucepan over low heat, heat the milk and add the flour, stirring with a wooden spoon until the flour dissolves completely into the milk and the liquid is homogenous, about 3 minutes.
- ☐ Remove from the heat.

- ☐ Crack the eggs into a large mixing bowl and, using a whisk or fork, beat until homogenous.
- ☐ Add the bean mixture, the Parmigiano, and the milk mixture.
- ☐ Mix with a wooden spoon until well combined, about 3 minutes.
- ☐ Lightly oil a 6-inch round baking pan. Make sure you use a pan that can fit comfortably in another pan working as a hot water bath.
- ☐ Pour the bean mixture into the pan and, using the back of a wooden spoon, level the top. Cover the top of the pan tightly in aluminum foil.
- ☐ Place the filled pan in the larger pan and fill the larger pan with hot water until it comes halfway up the sides of the filled pan.
- ☐ Place in the oven and cook until the custard is cooked through the center but yields slightly when pressed, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:10.71, Inflammation Score:-8, Nutrition Score:21.010434751925%

Flavonoids

Apigenin: 7.71mg, Apigenin: 7.71mg, Apigenin: 7.71mg, Apigenin: 7.71mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 320.98kcal (16.05%), Fat: 15.84g (24.37%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 25.85g (9.4%), Sugar: 4.95g (5.5%), Cholesterol: 101.32mg (33.77%), Sodium: 477.08mg (20.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Folate: 264.15µg (66.04%), Vitamin C: 52.91mg (64.13%), Vitamin K: 63.54µg (60.52%), Calcium: 383.57mg (38.36%), Phosphorus: 324.46mg (32.45%), Magnesium: 85.23mg (21.31%), Selenium: 14.88µg (21.26%), Iron: 3.74mg (20.8%), Potassium: 696.74mg (19.91%), Vitamin B2: 0.33mg (19.16%), Fiber: 3.93g (15.73%), Vitamin B12: 0.84µg (14%), Zinc: 2.03mg (13.56%), Vitamin A: 669.39IU (13.39%), Vitamin B1: 0.15mg (10.21%), Copper: 0.2mg (10.15%), Vitamin D: 1.51µg (10.06%), Vitamin E: 1.35mg (9%), Vitamin B5: 0.81mg (8.06%), Vitamin B6: 0.12mg (6.07%), Manganese: 0.1mg (4.97%), Vitamin B3: 0.82mg (4.1%)