



WHATSheATE



HEALTH SCORE

70%

British-Style Beans on Toast



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 3 bay leaves
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon garlic clove finely chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 6 cups chicken broth low-sodium homemade store-bought
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 pound navy beans dry

- ☐ 1 cup onion finely chopped
- ☐ 4 servings parsley chopped
- ☐ 8 slices sourdough bread
- ☐ 2 tablespoons tomato paste
- ☐ 2.5 cups tomato purée
- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons worcestershire sauce

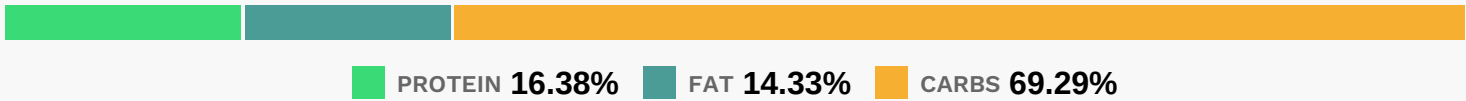
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ colander

Directions

- ☐ In a large bowl, cover beans with 1 gallon of cold water.
- ☐ Add 1/4 cup kosher salt and stir to dissolve.
- ☐ Let soak overnight on the counter. The next day, drain in a colander.
- ☐ In a large dutch oven with a tight-fitting lid, heat vegetable oil over medium-high heat until shimmering.
- ☐ Add onion and garlic and cook, stirring frequently, until soft but not brown, about 4 minutes.
- ☐ Add soaked navy beans, brown sugar, molasses, Worcestershire sauce, cider vinegar, tomato paste, bay leaves, tomato puree, and 4 cups chicken stock. Bring to a simmer, then cover and lower heat to low. Cook, stirring occasionally, until beans are cooked, about 5 hours, adding additional stock if beans begin to look dry. Season to taste with salt and pepper.
- ☐ Toast bread, then top with a generous portion of beans and garnish with chopped parsley if desired.

Nutrition Facts



Properties

Glycemic Index:92.47, Glycemic Load:64.73, Inflammation Score:-10, Nutrition Score:48.640434451725%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg

Nutrients (% of daily need)

Calories: 803.24kcal (40.16%), Fat: 13.21g (20.33%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 143.8g (47.93%), Net Carbohydrates: 124.73g (45.36%), Sugar: 38.68g (42.98%), Cholesterol: 0mg (0%), Sodium: 1164.41mg (50.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (67.99%), Manganese: 1.94mg (97.14%), Folate: 350.17µg (87.54%), Vitamin B1: 1.26mg (84.29%), Vitamin K: 86.65µg (82.52%), Fiber: 19.06g (76.24%), Iron: 13.46mg (74.76%), Vitamin B3: 14.76mg (73.78%), Selenium: 44.81µg (64.02%), Copper: 1.25mg (62.26%), Potassium: 2126.79mg (60.77%), Vitamin B2: 0.91mg (53.24%), Phosphorus: 506.82mg (50.68%), Magnesium: 191.71mg (47.93%), Vitamin C: 30.73mg (37.24%), Vitamin B6: 0.73mg (36.73%), Vitamin E: 4.46mg (29.71%), Calcium: 263.38mg (26.34%), Vitamin A: 1310.32IU (26.21%), Zinc: 3.71mg (24.71%), Vitamin B5: 1.67mg (16.72%), Vitamin B12: 0.35µg (5.9%)