



WHATShEATE



Butter bean & squash crumble



Vegetarian

READY IN



155 min.

SERVINGS



6

CALORIES



750 kcal

Ingredients



350 g butter dried cold



4 tbsp olive oil



2 onion chopped



4 garlic clove finely chopped



1 pepper flakes red deseeded finely chopped



700 g passata



1 bouquet garnic



425 ml wine



425 ml vegetable stock

- ☐ 700 g baby squash peeled deseeded cut into chunks
- ☐ 50 g breadcrumbs
- ☐ 25 g walnuts finely chopped
- ☐ 1 tbsp rosemary chopped
- ☐ 4 tbsp parsley chopped

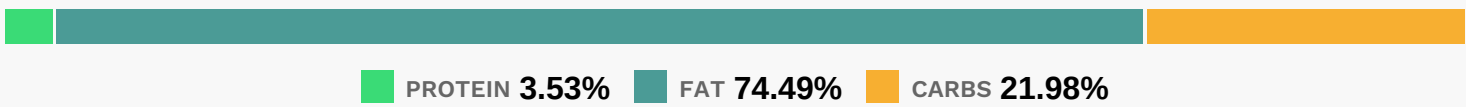
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Rinse the beans and put in a large pan with plenty of water to cover. Bring to the boil, reduce the heat and cook, partly covered, for about 1 hr until tender.
- ☐ Drain well.
- ☐ Heat 2 tbsp oil in a large pan, add the onions, fry for 10 mins until lightly browned.
- ☐ Add the garlic, chilli, passata, bouquet garni, wine, stock, salt and pepper; bring to the boil. Reduce the heat and simmer, uncovered, for 20 mins, then add the squash and cook for a further 20 mins. Taste and add more seasoning, if necessary.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Stir the beans into the sauce, then transfer to a 2.5-litre gratin dish or two smaller ones.
- ☐ Mix together all the crumble ingredients, plus the remaining 2 tbsp oil, then sprinkle over the beans.
- ☐ Bake for 30 mins until the topping is golden and crisp.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:28.101739105971%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 5.55mg, Apigenin: 5.55mg, Apigenin: 5.55mg, Apigenin: 5.55mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg

Nutrients (% of daily need)

Calories: 749.9kcal (37.49%), Fat: 60.51g (93.09%), Saturated Fat: 31.76g (198.51%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 32.92g (11.97%), Sugar: 12.24g (13.6%), Cholesterol: 125.42mg (41.81%), Sodium: 764.68mg (33.25%), Alcohol: 7.4g (100%), Alcohol %: 1.85% (100%), Protein: 6.45g (12.9%), Vitamin A: 15096.29IU (301.93%), Vitamin K: 73.19µg (69.7%), Vitamin C: 55.94mg (67.81%), Manganese: 0.97mg (48.58%), Vitamin E: 6.83mg (45.54%), Iron: 6.11mg (33.95%), Potassium: 1163.16mg (33.23%), Fiber: 7.24g (28.96%), Copper: 0.57mg (28.62%), Vitamin B6: 0.54mg (27.16%), Magnesium: 101.46mg (25.37%), Vitamin B3: 4.1mg (20.48%), Folate: 80.49µg (20.12%), Vitamin B1: 0.29mg (19.01%), Calcium: 186.97mg (18.7%), Phosphorus: 166.18mg (16.62%), Vitamin B2: 0.22mg (12.82%), Vitamin B5: 1.23mg (12.28%), Zinc: 1.22mg (8.11%), Selenium: 5µg (7.14%), Vitamin B12: 0.13µg (2.14%)