



Cannellini Beans with Garlic and Sage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 pound cannellini dried white (kidney beans)
- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 large head garlic unpeeled
- ☐ 6 servings olive oil extra-virgin (for drizzling)
- ☐ 1 large sage sprig fresh
- ☐ 8 cups water room-temperature

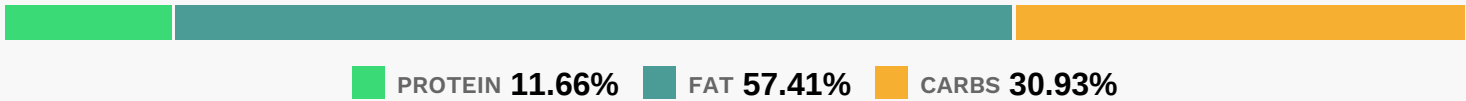
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Place beans in large bowl. Cover with cold water (at least 6 cups) and let soak overnight.
- ☐ Drain beans.
- ☐ Place in heavy large pot.
- ☐ Add 8 cups room-temperature water, 2 tablespoons olive oil, garlic, sage, and black peppercorns. Bring to simmer over medium-high heat. Reduce heat to medium low; simmer uncovered 1 1/2 hours, stirring occasionally.
- ☐ Mix in 1 teaspoon coarse salt. Continue to simmer until beans are tender, adding more water if needed to keep beans covered, about 30 minutes longer. Cool beans in liquid 1 hour.
- ☐ Using slotted spoon, transfer beans to serving bowl, reserving bean cooking liquid, if desired, but discarding garlic, sage, and peppercorns. Season beans to taste with pepper and more coarse salt.
- ☐ Drizzle with extra-virgin olive oil and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 7.67, Glycemic Load: 1.76, Inflammation Score: -3, Nutrition Score: 7.6526087327334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 220.7kcal (11.03%), Fat: 14.41g (22.16%), Saturated Fat: 2g (12.48%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 12.52g (4.55%), Sugar: 0.25g (0.27%), Cholesterol: 0mg (0%), Sodium: 404.89mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.17%), Folate: 98.35µg (24.59%), Manganese: 0.45mg (22.52%), Fiber: 4.94g (19.77%), Vitamin K: 15.31µg (14.59%), Vitamin E: 2.06mg (13.7%), Copper: 0.24mg (11.88%), Phosphorus: 104.79mg (10.48%), Iron: 1.8mg (9.99%), Magnesium: 35.67mg (8.92%), Potassium: 310.56mg (8.87%), Vitamin B1:

0.12mg (8.1%), Zinc: 0.79mg (5.3%), Vitamin B6: 0.09mg (4.6%), Calcium: 38.21mg (3.82%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.17mg (1.7%), Selenium: 0.85µg (1.22%), Vitamin C: 0.91mg (1.1%)