



Dinner Tonight: White Bean Gratin with Red Peppers and Rosemary

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons breadcrumbs
- ☐ 2 tablespoons butter
- ☐ 30 oz beans white canned
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 2 oz manchego cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 1 roasted peppers red cut into 1/4-inch chunks

- ☐ 6 servings salt and pepper
- ☐ 0.3 cup vegetable stock

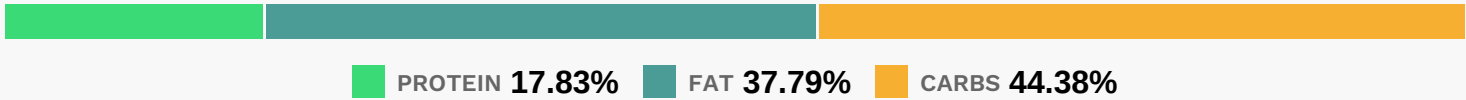
Equipment

- ☐ food processor
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat the oven to 475°F.
- ☐ In a food processor, puree half the beans with the olive oil, butter, and stock. Over-season with salt and pepper, then add the remaining beans with the rosemary and pulse until desired texture. Correct seasoning if necessary.
- ☐ In a 3-cup ramekin or other backing dish, layer the beans with the chopped red peppers. Finish with thinly shaved cheese slices and the breadcrumbs.
- ☐ Bake for 15 minutes, or until the cheese is slightly browned.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:7.27, Inflammation Score:-6, Nutrition Score:12.591304316469%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 291.87kcal (14.59%), Fat: 12.44g (19.14%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 25.81g (9.39%), Sugar: 0.71g (0.79%), Cholesterol: 20.14mg (6.71%), Sodium: 436.7mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Manganese: 0.77mg (38.61%), Fiber: 7.05g

(28.21%), Iron: 4.52mg (25.11%), Folate: 97.86µg (24.47%), Calcium: 215.48mg (21.55%), Potassium: 664.08mg (18.97%), Magnesium: 74.85mg (18.71%), Vitamin K: 18.4µg (17.52%), Copper: 0.35mg (17.33%), Phosphorus: 137.24mg (13.72%), Vitamin E: 1.91mg (12.72%), Vitamin B1: 0.17mg (11.38%), Zinc: 1.66mg (11.06%), Vitamin B6: 0.12mg (6.11%), Vitamin A: 278.16IU (5.56%), Vitamin C: 3.76mg (4.55%), Selenium: 3.17µg (4.53%), Vitamin B2: 0.07mg (4.12%), Vitamin B5: 0.29mg (2.91%), Vitamin B3: 0.43mg (2.13%)