



Eat for Eight Bucks: Bean Gratin



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups borlotti beans dry
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 1 small carrots diced peeled finely
- ☐ 1 small stalk celery diced finely
- ☐ 6 sage fresh chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 4 servings olive oil
- ☐ 0.5 smallish onion diced finely

- ☐ 4 servings salt
- ☐ 0.5 cup canned tomatoes fresh canned chopped

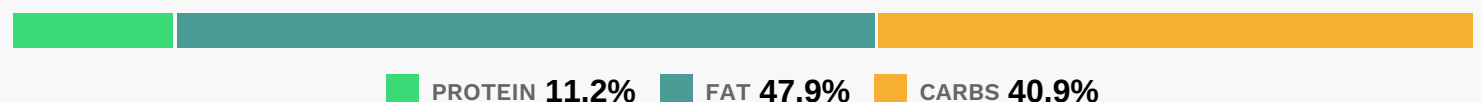
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put the beans in a saucepan with water to cover by 2 inches. Bring to a boil and then maintain a gentle simmer until the beans are tender; the total amount of time will vary greatly depending on your beans, but you should start checking after 45 minutes.
- ☐ Add more water if necessary during cooking. When the beans are completely tender, season to taste with salt and allow them to cool in their liquid.
- ☐ Heat 1/4 cup olive oil in a small heavy-bottomed saucepan or skillet.
- ☐ Add the diced vegetables and cook until tender, about 10 minutes.
- ☐ Add the garlic and sage and season with salt. Cook for 5 minutes and then stir in the tomatoes. Cook 5 minutes more and taste for salt.
- ☐ Drain the beans, reserving the liquid, and put them in a medium-size gratin or baking dish (mine is about 8 inches square and 2 deep). Stir in the sautéed vegetables and taste for salt again.
- ☐ Pour in enough bean-cooking liquid to almost cover.
- ☐ Drizzle with 1/4 cup olive oil and cover with the toasted breadcrumbs.
- ☐ Bake for 40 minutes in a 350 oven, peeking in occasionally. If the gratin is drying out, carefully spoon a bit of bean cooking liquid in at the edge of the dish, to avoid getting the bread crumbs wet.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:13.412173895732%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 277.77kcal (13.89%), Fat: 15.12g (23.27%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 21.63g (7.87%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 346.46mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin A: 2172.92IU (43.46%), Folate: 139.48µg (34.87%), Fiber: 7.43g (29.73%), Manganese: 0.48mg (24.04%), Copper: 0.42mg (21.18%), Vitamin B1: 0.29mg (19.4%), Vitamin E: 2.5mg (16.69%), Iron: 2.41mg (13.41%), Vitamin K: 13.92µg (13.26%), Phosphorus: 120.62mg (12.06%), Potassium: 412.75mg (11.79%), Magnesium: 43.71mg (10.93%), Vitamin B6: 0.18mg (9.03%), Vitamin B3: 1.72mg (8.62%), Calcium: 77.72mg (7.77%), Vitamin B2: 0.13mg (7.36%), Selenium: 4.83µg (6.9%), Vitamin C: 5.61mg (6.79%), Zinc: 1mg (6.69%), Vitamin B5: 0.37mg (3.71%)