



## Flageolet Beans with Fresh Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

## Ingredients

- ☐ 3 mediterranean bay leaves dried
- ☐ 1.5 cups fennel bulb diced for garnish (save leafy fennel fronds )
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 garlic cloves chopped
- ☐ 2 tsp kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 cups onion diced

- ☐ 2 teaspoons pepper
- ☐ 1 teaspoon chile flakes red
- ☐ 2.5 cups flageolet dried white
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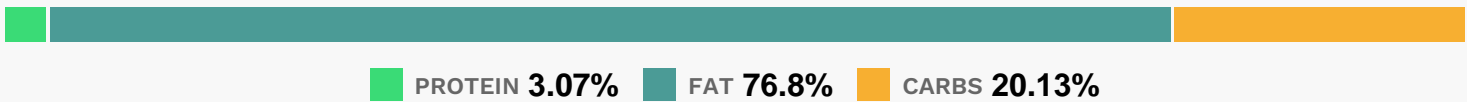
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ Put beans in a large heavy pot with enough water to cover by 1 1/2 in. Bring to a boil over high heat, covered; then turn off and let sit 2 hours. Or, soak beans overnight at room temperature without heating.
- ☐ Add enough water to pot now and through step 4 to cover beans by 1 in.
- ☐ Add bay leaves and bring to a boil, then reduce heat and simmer, covered, 30 minutes.
- ☐ Meanwhile, heat 1/3 cup oil in a large frying pan over medium-high heat.
- ☐ Add chile flakes, onion, fennel bulb, and garlic and cook, stirring often, until onion softens, 5 to 6 minutes.
- ☐ Add 2 tsp. salt and onion mixture to beans and cook until beans are barely tender, 20 minutes to 1 1/4 hours, depending on the type and age of beans.
- ☐ Drain beans, keeping them a little bit brothy. Stir in parsley, pepper, and thyme and season to taste with salt. Top with a drizzle of olive oil and fennel fronds.
- ☐ \*Mediterranean bay leaves, the traditional type used in cooking, have an oval shape and milder flavor than California bay leaves, which are long and pointed and have a pungent flavor.

## Nutrition Facts



## Properties

Glycemic Index:21.1, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:3.4713043648264%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 82.33kcal (4.12%), Fat: 7.32g (11.26%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.2g (1.17%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 477.14mg (20.75%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin K: 26.64µg (25.37%), Vitamin E: 1.21mg (8.03%), Manganese: 0.15mg (7.61%), Vitamin C: 5.62mg (6.82%), Fiber: 1.11g (4.45%), Vitamin A: 167.87IU (3.36%), Vitamin B6: 0.07mg (3.26%), Potassium: 112.7mg (3.22%), Folate: 9.71µg (2.43%), Iron: 0.43mg (2.37%), Calcium: 20.94mg (2.09%), Phosphorus: 18.39mg (1.84%), Magnesium: 7.14mg (1.78%), Copper: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.18%), Vitamin B2: 0.02mg (1.06%)