



Flageolet Beans with Rosemary and Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

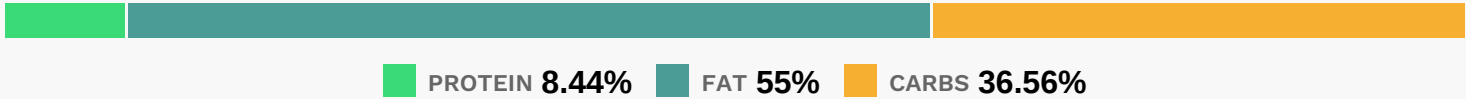
- ☐ 2 carrots peeled cut into 1/2-in. slices on a diagonal
- ☐ 0.3 cup flat-leaf parsley divided roughly chopped
- ☐ 2 teaspoons rosemary leaves fresh finely chopped for garnish
- ☐ 2 teaspoons thyme leaves fresh finely chopped for garnish
- ☐ 6 garlic cloves peeled
- ☐ 2 teaspoons kosher salt
- ☐ 12 ounces flageolet beans dried
- ☐ 2 tbsp olive oil extra-virgin

Equipment

Directions

- ☐ Put all ingredients including 2 tbsp. oil but not the sprigs or parsley in a 4- to 6-qt. slow-cooker.
- ☐ Add 5 cups boiling water and stir. Cover and cook until most of liquid is absorbed and beans are very tender, 2 1/4 to 3 hours on high or 4 to 4 1/2 hours on low.
- ☐ Stir in 3 tbsp. parsley.
- ☐ Transfer to a serving dish and drizzle with more oil.
- ☐ Garnish with rosemary and thyme sprigs and remaining 1 tbsp. parsley.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:13.456956371017%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 114.13kcal (5.71%), Fat: 7.32g (11.25%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 8.45g (3.07%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 1192mg (51.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin A: 5460.61IU (109.21%), Vitamin K: 69.82µg (66.49%), Vitamin C: 27.66mg (33.53%), Folate: 97.18µg (24.3%), Fiber: 2.49g (9.98%), Potassium: 320.91mg (9.17%), Iron: 1.56mg (8.68%), Vitamin E: 1.24mg (8.27%), Magnesium: 31.3mg (7.82%), Manganese: 0.15mg (7.28%), Calcium: 66.66mg (6.67%), Phosphorus: 53.15mg (5.31%), Vitamin B6: 0.1mg (5.25%), Copper: 0.1mg (4.95%), Zinc: 0.53mg (3.52%), Vitamin B1: 0.03mg (2.19%), Vitamin B3: 0.4mg (2%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.13mg (1.3%)