



WHATSheATE



Flageolets with Autumn Greens and Fresh Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1 ancho chili pepper dried
- ☐ 0.3 pound bacon fresh
- ☐ 2 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 1 carrots halved
- ☐ 0.3 cup apricot dried roughly chopped
- ☐ 3 leaves kale

- ☐ 2 cups kosher salt mixed with 2 cups sugar
- ☐ 2 cups turtle beans dried drained
- ☐ 3 leaves mustard greens
- ☐ 6 servings olive oil good for drizzling
- ☐ 1 onion quartered
- ☐ 6 servings salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 head garlic clove whole halved

Equipment

- ☐ pot
- ☐ pressure cooker

Directions

- ☐ Pack the fresh bacon in the salt and sugar mixture, cover, and refrigerate for up to 4 hours. Rinse and pat dry, then cut into 1/2-inch cubes.
- ☐ Combine the bacon, beans, carrot, onion, garlic, apricots, bay leaves, and chile in a pressure cooker and add cold water to come an inch above the beans. Fit the pressure cooker with the lid and raise the temperature to high until it starts to whistle. Reduce to the lowest setting and cook until the beans are creamy and cooked through, roughly 25 minutes.
- ☐ Remove the lid and adjust the seasoning with vinegar, salt, and pepper. Alternately, bring the ingredients to a boil in a large, heavy-bottomed pot and immediately reduce the heat to a simmer. Cook, covered, until the beans are thoroughly cooked through and creamy, roughly 1 3/4 hours.
- ☐ Remove the large aromatic vegetables, garlic, chile, and bay leaves from the pot and discard. They've done their flavoring job. Coarsely chop the greens or tear with your hands, then fold them into the beans. Simmer for another 5 minutes, or until the greens are tender.
- ☐ Serve with warm crusty bread and a healthy dose of olive oil.
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Nutrition Facts



 PROTEIN **7.66%**  FAT **67.96%**  CARBS **24.38%**

Properties

Glycemic Index:42.87, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:14.614782691002%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 284.74kcal (14.24%), Fat: 22.18g (34.13%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 13.68g (4.98%), Sugar: 6.64g (7.38%), Cholesterol: 12.47mg (4.16%), Sodium: 38066.2mg (1655.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin A: 4013.75IU (80.28%), Vitamin K: 39.31µg (37.43%), Vitamin C: 27.39mg (33.2%), Folate: 91.48µg (22.87%), Vitamin E: 2.64mg (17.58%), Fiber: 4.22g (16.89%), Manganese: 0.33mg (16.54%), Potassium: 484.66mg (13.85%), Iron: 2.13mg (11.85%), Vitamin B6: 0.21mg (10.45%), Calcium: 97.24mg (9.72%), Magnesium: 38.01mg (9.5%), Phosphorus: 90.23mg (9.02%), Vitamin B3: 1.63mg (8.15%), Copper: 0.16mg (7.79%), Vitamin B2: 0.13mg (7.38%), Selenium: 5.04µg (7.21%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.85mg (5.69%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.09µg (1.57%)