



French Flageolet Beans

 Gluten Free  Dairy Free

READY IN



840 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- 4 ounces bacon diced
- 2 bay leaves
- 2 medium carrots scrubbed
- 2 cups medium-diced fennel cored trimmed
- 1 large sprig rosemary fresh
- 4 cloves garlic minced
- 8 servings kosher salt and pepper black freshly ground
- 1 pound flageolet beans dried

- 2 tablespoons olive oil good
- 2 cups medium-diced onion yellow (2 onions)
- 2 cups vegetable broth canned

Equipment

- bowl
- frying pan
- oven
- pot
- plastic wrap
- stove

Directions

- Watch how to make this recipe.
- The night before cooking, place the beans in a large bowl and cover them with water by 1 inch. Cover the bowl with plastic wrap and refrigerate overnight.
- The next day, preheat the oven to 300 degrees.
- Drain the beans, rinse well, and drain again. In a large ovenproof pot such as Le Creuset, heat the olive oil over medium to medium-low heat, add the bacon, and cook for 4 to 5 minutes, until the bacon starts to brown.
- Add the onion, fennel, and carrots and cook for 7 minutes, stirring occasionally, until the vegetables begin to soften but aren't browned.
- Add the garlic and saute for 1 to 2 more minutes.
- Add the flageolet to the pot and stir in the broth, bay leaves, and rosemary. (Don't be tempted to add salt! The beans will become tough.)
- Add 2 cups of water, which should just cover the beans, and bring to a simmer on top of the stove. Cover the pot tightly and bake in the oven for 45 minutes.
- Remove the lid, stir in 1 tablespoon salt and 1 teaspoon pepper, and return the pot to the oven without the lid. Raise the temperature to 350 degrees and bake for 30 to 45 more minutes. The beans will be very tender and there will be just a little liquid in the bottom of the pan. (If the beans are dry, add a little more water.) Discard the bay leaves and rosemary. Taste for

seasonings and serve hot.

Nutrition Facts

PROTEIN 10.55% **FAT 56.46%** **CARBS 32.99%**

Properties

Glycemic Index:31.23, Glycemic Load:2.97, Inflammation Score:-9, Nutrition Score:9.0191304165384%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 144.97kcal (7.25%), Fat: 9.37g (14.42%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 9.63g (3.5%), Sugar: 3.79g (4.21%), Cholesterol: 9.36mg (3.12%), Sodium: 356.03mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 2710.59IU (54.21%), Vitamin C: 18.86mg (22.86%), Folate: 73.19µg (18.3%), Vitamin K: 18.13µg (17.26%), Fiber: 2.7g (10.79%), Potassium: 351.41mg (10.04%), Manganese: 0.16mg (7.83%), Phosphorus: 72.26mg (7.23%), Vitamin B6: 0.14mg (6.82%), Magnesium: 27.12mg (6.78%), Iron: 1.04mg (5.76%), Calcium: 54.55mg (5.46%), Vitamin E: 0.8mg (5.35%), Selenium: 3.44µg (4.91%), Vitamin B1: 0.07mg (4.86%), Vitamin B3: 0.92mg (4.59%), Copper: 0.09mg (4.42%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.04mg (2.36%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.07µg (1.18%)