

Fresh Lima Bean Gratins



Vegetarian

READY IN

ready

120 min.

SERVINGS

servings

45

CALORIES

calories

58 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1 tablespoon flat parsley chopped
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 1.3 pounds lima beans *soaked overnight shelled
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs Japanese bread crumbs
- ☐ 45 servings salt and pepper freshly ground

- ☐ 1 pound shallots halved
- ☐ 8 thyme sprigs
- ☐ 4 tablespoons butter unsalted melted

Equipment

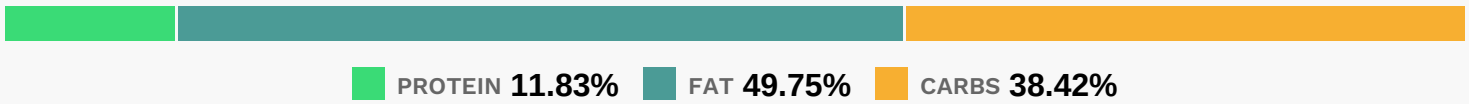
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Preheat the oven to 42
- ☐ In a large, deep ovenproof skillet, melt 3 tablespoons of the butter in the oil.
- ☐ Add the shallots and thyme, season with salt and pepper and cook over high heat for 1 minute. Cover tightly and roast for about 30 minutes, until very tender.
- ☐ Meanwhile, in a large saucepan of salted water, cook the limas until just tender, 5 minutes.
- ☐ Drain and cool under running water.
- ☐ Spread on paper towels and pat dry.
- ☐ Transfer the shallots and thyme to a plate; leave as much fat in the pan as possible. Lower the oven to 37
- ☐ Strip the thyme leaves from the sprigs and return to the shallots.
- ☐ Add the flour to the skillet and cook over moderately high heat, whisking, for 1 minute.
- ☐ Add the half-and-half and simmer until thickened, 5 minutes.

- ☐
- Remove from the heat. Stir in the limas, shallots, thyme and tomatoes; season with salt and pepper. Spoon into six 1 1/2-cup ramekins and set on a baking sheet.
- ☐
- In a bowl, toss the panko and parsley with the 1 tablespoon of melted butter; sprinkle over the gratins.
- ☐
- Bake for 30 minutes, until bubbling. Turn on the broiler and broil for 2 minutes, just until browned.
- ☐
- Let the gratins rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4.74, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:2.4052173945567%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 57.66kcal (2.88%), Fat: 3.28g (5.05%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.77g (1.97%), Cholesterol: 6.44mg (2.15%), Sodium: 207.47mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Manganese: 0.11mg (5.57%), Fiber: 1.3g (5.22%), Folate: 16.28µg (4.07%), Potassium: 126.2mg (3.61%), Phosphorus: 33.55mg (3.36%), Vitamin B6: 0.07mg (3.3%), Iron: 0.55mg (3.05%), Vitamin C: 2.44mg (2.96%), Vitamin B1: 0.04mg (2.67%), Vitamin K: 2.76µg (2.63%), Magnesium: 9.76mg (2.44%), Copper: 0.05mg (2.34%), Vitamin A: 109.8IU (2.2%), Vitamin B2: 0.04mg (2.13%), Calcium: 20.45mg (2.05%), Selenium: 1.32µg (1.89%), Vitamin E: 0.25mg (1.64%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.27%)