



Gigante Beans

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



900 min.

SERVINGS



12

CALORIES



231 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper dried red crushed
- 28 frangelico whole chopped canned (preferably San Marzano)
- 0.3 cup olive oil
- 1 tablespoon oregano dried (preferably Greek)
- 0.3 cup red wine vinegar
- 8 cups chicken broth ()
- 1 pound great northern beans dried
- 0.3 cup aniseed (Greek anise-flavored liqueur)

- 3 garlic clove minced
- 1 cup optional: dill fresh chopped
- 3 cups onion chopped (2 medium)

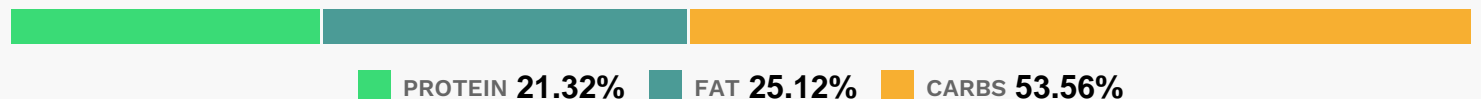
Equipment

- bowl
- pot

Directions

- Place beans in large bowl.
- Pour enough water over to cover beans by 3 inches; let soak overnight.
- Drain beans; set aside.
- Heat olive oil in heavy large pot over medium-high heat.
- Add chopped onions and garlic and sauté until onions are golden brown, 6 to 7 minutes.
- Add beans, 8 cups chicken broth, tomatoes with juice, vinegar, ouzo, oregano, and crushed red pepper to pot; bring to boil. Reduce heat, cover, and simmer until beans are tender, adding more broth by cupfuls to keep beans submerged and stirring occasionally, 2 to 3 hours, depending on freshness of beans. If necessary, uncover and cook beans until tomato mixture thickens and liquid is slightly reduced, 10 to 15 minutes. Season beans to taste with salt and freshly ground black pepper. DO AHEAD: beans can be made up to 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm beans before continuing, adding more chicken broth by 1/2 cupfuls if beans are dry.
- Stir chopped fresh dill into beans.
- Serve with octopus

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:16.473913047625%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 231.03kcal (11.55%), Fat: 6.79g (10.44%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 23.2g (8.44%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 60.72mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Folate: 197.22µg (49.3%), Manganese: 0.79mg (39.54%), Fiber: 9.37g (37.47%), Iron: 4.8mg (26.69%), Phosphorus: 254.7mg (25.47%), Potassium: 831.41mg (23.75%), Copper: 0.47mg (23.49%), Magnesium: 89.31mg (22.33%), Vitamin B1: 0.29mg (19.13%), Vitamin B3: 3.2mg (15.99%), Vitamin B6: 0.29mg (14.46%), Calcium: 130.54mg (13.05%), Vitamin C: 9.6mg (11.63%), Vitamin B2: 0.18mg (10.47%), Zinc: 1.42mg (9.49%), Selenium: 5.48µg (7.83%), Vitamin K: 7.92µg (7.54%), Vitamin A: 374.99IU (7.5%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.53mg (5.29%), Vitamin B12: 0.16µg (2.62%)