



Gigante Beans



Gluten Free



Dairy Free

READY IN



790 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1 piece a couple bacon
- ☐ 3 bay leaves
- ☐ 2 small carrots peeled halved
- ☐ 2 ribs celery
- ☐ 1 pound corona beer
- ☐ 3 cloves garlic
- ☐ 8 servings kosher salt
- ☐ 1 large onions skinless cut in 1/2

☐ 1 bundle thyme

Equipment

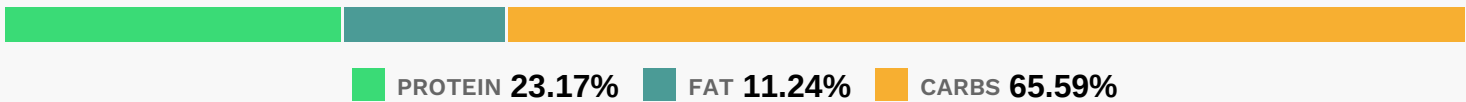
☐ bowl

☐ pot

Directions

- ☐ Soak the beans in water overnight.
- ☐ Soooooooooooooo...if you didn't think yesterday to soak your beans you can do the "quick soak" method, which is to put your beans in a pot covered by at least 2 inches of water. Bring the water to a boil, turn the heat off and let the pot sit until the water cools down naturally and then pick up the process as if you had soaked the beans overnight.
- ☐ Strain the beans from the soaking water.
- ☐ Put the beans in a large pot and cover generously with water.
- ☐ Add the onions, carrot, celery, garlic, thyme, bay leaves and bacon skin. Bring the water to a boil over medium heat. Reduce the heat and simmer the beans until all the beans are soft, about 1 hour.
- ☐ Add more water if it reduces too much. Test the beans for doneness by doing the 5 bean test. Bite 5 beans, if they are all soft then they are done. Beans do NOT all cook at the same rate so the 5 bean test is important.
- ☐ When the beans are cooked, remove the pot from the heat. Season the water generously with salt and let sit for 15 minutes.
- ☐ Transfer the beans to a serving bowl and serve. If not using the beans right away, store them in the refrigerator in their liquid.
- ☐ Beans, beans the musical fruit...

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:8.6108695083986%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 106.22kcal (5.31%), Fat: 1.37g (2.1%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 13.49g (4.9%), Sugar: 1.73g (1.92%), Cholesterol: 1.82mg (0.61%), Sodium: 232.98mg (10.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Vitamin A: 2142.9IU (42.86%), Manganese: 0.44mg (21.89%), Fiber: 4.45g (17.81%), Folate: 55.62µg (13.91%), Iron: 2.26mg (12.58%), Potassium: 422.41mg (12.07%), Magnesium: 41.06mg (10.26%), Copper: 0.18mg (9.23%), Phosphorus: 82.14mg (8.21%), Calcium: 66.58mg (6.66%), Vitamin B1: 0.1mg (6.39%), Vitamin K: 6.66µg (6.34%), Vitamin B6: 0.12mg (6.11%), Zinc: 0.91mg (6.05%), Vitamin E: 0.66mg (4.39%), Vitamin C: 3mg (3.64%), Vitamin B2: 0.05mg (2.84%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.6µg (2.28%), Vitamin B3: 0.38mg (1.89%)