



Ham Hocks and White Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon peppercorns black
- ☐ 1 carrots coarsely chopped
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 celery stalks coarsely chopped
- ☐ 0.5 teaspoon marjoram dried

- ☐ 1 teaspoon fennel seeds crushed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves
- ☐ 1.5 cups great northern dried white
- ☐ 2 tablespoons green onions finely chopped
- ☐ 2 cups leek bottoms chopped
- ☐ 3 cups leek greens coarsely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 pounds ham hocks smoked
- ☐ 6 sun-dried tomato halves chopped
- ☐ 1 thyme sprig
- ☐ 10 cup water

Equipment

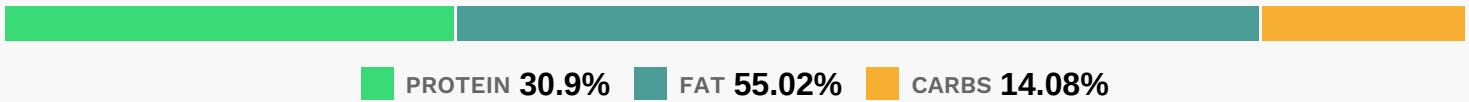
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ To prepare ham hocks, stud onion with cloves.

- ☐ Place onion, water, and next 8 ingredients (water through thyme sprig) in a stockpot; bring to a boil. Reduce heat; simmer 3 hours.
- ☐ Remove hocks from stock. Strain stock through a sieve into a large bowl; discard solids. Cool stock to room temperature. Cover and chill hocks and stock separately 8 hours or overnight.
- ☐ Remove meat from bones; finely chop. Discard bones, skin, and fat. Skim solidified fat from surface of stock; discard fat. Reserve 4 cups stock.
- ☐ To prepare beans, sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans. Cover and let stand 8 hours or overnight.
- ☐ Drain.
- ☐ Combine beans and reserved stock in a Dutch oven.
- ☐ Add chopped thyme, fennel seeds, marjoram, and tomato; bring to a boil. Reduce heat; simmer 1 hour and 15 minutes or until beans are tender.
- ☐ While beans simmer, heat oil in a nonstick skillet over medium heat.
- ☐ Add leek bottoms, chopped onion, 1 cup carrot, 1/2 cup celery, and 2 garlic cloves; cover. Cook 10 minutes; stir occasionally.
- ☐ Add vegetable mixture, ham, ground pepper, and salt to bean mixture.
- ☐ To prepare garnish, combine parsley, basil, and green onions; sprinkle over bean mixture.

Nutrition Facts



Properties

Glycemic Index:108.94, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:22.732173795285%

Flavonoids

Apigenin: 3.18mg, Apigenin: 3.18mg, Apigenin: 3.18mg, Apigenin: 3.18mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 914.23kcal (45.71%), Fat: 55.26g (85.01%), Saturated Fat: 19.76g (123.52%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 24.46g (8.89%), Sugar: 7.83g (8.7%), Cholesterol: 247.21mg (82.4%), Sodium:

735.46mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.81g (139.63%), Vitamin A: 6779.03IU (135.58%), Vitamin K: 74.71µg (71.15%), Manganese: 0.96mg (48.25%), Potassium: 1466.88mg (41.91%), Iron: 7.11mg (39.51%), Folate: 119.05µg (29.76%), Fiber: 7.37g (29.46%), Vitamin C: 21.23mg (25.73%), Vitamin B6: 0.39mg (19.74%), Copper: 0.36mg (18.22%), Calcium: 182.09mg (18.21%), Magnesium: 67.79mg (16.95%), Phosphorus: 146.11mg (14.61%), Vitamin B1: 0.18mg (12.33%), Vitamin E: 1.3mg (8.68%), Vitamin B2: 0.11mg (6.52%), Vitamin B3: 1.29mg (6.43%), Zinc: 0.84mg (5.62%), Selenium: 3.44µg (4.92%), Vitamin B5: 0.48mg (4.84%)