



 **54%**
HEALTH SCORE

New Orleans' Style White Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 2 ribs celery
- 1 pound great northern beans dried
- 1 teaspoon thyme dried
- 4 cloves garlic minced
- 1 small bell pepper green
- 1 medium onion
- 1 teaspoon oregano dried

- 1 teaspoon salt
- 8 servings salt smoked good to taste (optional, but)
- 1 tablespoon soya sauce gluten-free (or tamari)
- 1 tablespoon all the tabasco sauce you handle to taste
- 0.5 teaspoon pepper white

Equipment

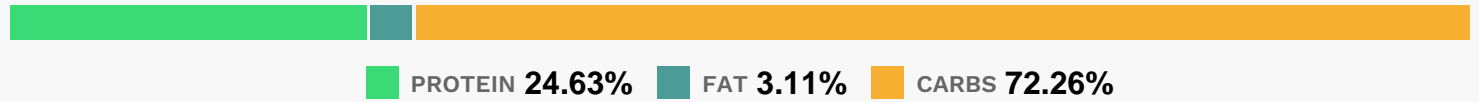
- food processor
- pot
- kitchen timer
- immersion blender
- pressure cooker

Directions

- Drain the soaking liquid.
- Put the beans into the pressure cooker with 5 cups water and start heating, uncovered. Meanwhile, chop all vegetables fine, by hand or in a food processor. As you chop each one, add it to the pressure cooker.
- Add remaining ingredients except Tabasco and hickory smoked salt. Check water level in cooker and add another cup if there isn't sufficient water to cover all ingredients by 1 inch. Seal the pressure cooker and set the timer for 12 minutes (electric) or bring to high pressure and cook for 12 minutes once pressure is reached.
- Remove from heat (or turn off electric cooker) and allow pressure to come down naturally. If pressure is not down in 20 minutes, quick-release the pressure. Check beans for doneness. They should be tender, and most should be starting to fall apart. If your beans are still tough, return them to high pressure for a few minutes. If beans are tender, add Tabasco and smoked salt and cook uncovered until liquid reduces and the cooking water starts to become more like a sauce. Stir often to make sure they are not burning on the bottom and to incorporate any dried beans on the sides of the pot. After about 20 minutes, if the liquid still seems watery rather than creamy, you can take an immersion blender and blend part of the beans (be sure to remove bay leaves first).
- Add additional salt to taste.

Serve over hot rice with hot sauce on the table.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:18.140869327213%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 206.18kcal (10.31%), Fat: 0.73g (1.13%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 26.13g (9.5%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 670.27mg (29.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.17%), Folate: 281.97µg (70.49%), Fiber: 12.25g (49%), Manganese: 0.91mg (45.71%), Magnesium: 113.02mg (28.26%), Phosphorus: 267.95mg (26.8%), Vitamin B1: 0.39mg (26%), Copper: 0.5mg (25.09%), Potassium: 866.29mg (24.75%), Iron: 3.55mg (19.71%), Vitamin C: 13.56mg (16.44%), Vitamin B6: 0.33mg (16.38%), Calcium: 117.8mg (11.78%), Selenium: 7.68µg (10.97%), Vitamin K: 10.83µg (10.32%), Zinc: 1.4mg (9.37%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.69mg (6.95%), Vitamin B3: 1.32mg (6.61%), Vitamin A: 92.72IU (1.85%), Vitamin E: 0.25mg (1.65%)