



Pork and Herbed White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup carrots coarsely chopped
- ☐ 6 garlic cloves coarsely chopped
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1.5 tablespoons olive oil divided
- ☐ 2 cups onion coarsely chopped
- ☐ 1 pound pork picnic roast boneless cut into 1/2-inch pieces
- ☐ 1 sage sprig fresh

- ☐ 0.5 teaspoon salt divided
- ☐ 2 thyme sprigs fresh
- ☐ 0.5 cup water
- ☐ 6 cups water boiling
- ☐ 1 cup beans dried white

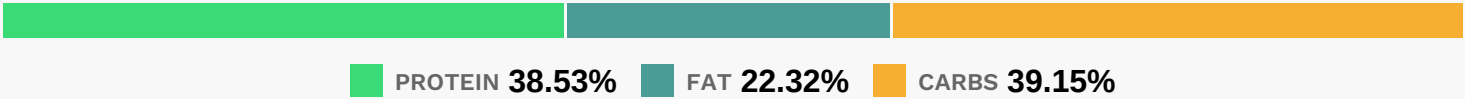
Equipment

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

Directions

- ☐ Place beans in a Dutch oven; cover with 6 cups boiling water.
- ☐ Let stand for 1 hour; drain.
- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan, and swirl to coat.
- ☐ Sprinkle pork evenly with 1/4 teaspoon salt and pepper.
- ☐ Add pork to pan; saut for 6 minutes, turning to brown on all sides. Stir in beans, remaining 1/4 teaspoon salt, broth, and next 3 ingredients (through sage); bring to a boil. Cover and bake at 325 for 1 hour.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add onion and carrot; saut 4 minutes, stirring occasionally.
- ☐ Add garlic, and saut 1 minute, stirring constantly. Stir onion mixture into bean mixture; bake at 325 an additional 1 1/2 hours or until beans are tender.
- ☐ Drain solids through a sieve over a bowl, reserving solids and cooking liquid. Skim fat from top of liquid; discard fat. Stir cooking liquid back into pork mixture.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:31.554347888283%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

Nutrients (% of daily need)

Calories: 418.17kcal (20.91%), Fat: 10.44g (16.06%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 31.5g (11.46%), Sugar: 5.26g (5.85%), Cholesterol: 71.44mg (23.81%), Sodium: 608.75mg (26.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Vitamin B6: 1.19mg (59.65%), Manganese: 1.16mg (57.92%), Selenium: 38.94µg (55.63%), Vitamin A: 2700.09IU (54%), Folate: 214.58µg (53.65%), Vitamin B1: 0.78mg (52%), Potassium: 1763.15mg (50.38%), Phosphorus: 443.76mg (44.38%), Fiber: 9.71g (38.85%), Copper: 0.71mg (35.66%), Magnesium: 141.58mg (35.39%), Vitamin B3: 7.05mg (35.25%), Iron: 6.32mg (35.12%), Zinc: 4.17mg (27.82%), Vitamin B2: 0.32mg (19.08%), Calcium: 173.66mg (17.37%), Vitamin B5: 1.39mg (13.89%), Vitamin C: 9.07mg (10.99%), Vitamin B12: 0.58µg (9.64%), Vitamin K: 8.91µg (8.48%), Vitamin E: 1.14mg (7.58%), Vitamin D: 0.45µg (3.02%)