



Pressure-Cooked Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

Ingredients

- 1 bay leaf dried
- 5 cups fat-skimmed chicken broth
- 2 onions chopped (1 lb. total)
- 12 servings salt and pepper to taste
- 1 pound sorted dried rinsed drained

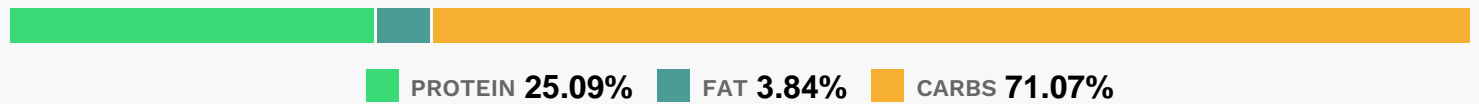
Equipment

- frying pan
- pressure cooker

Directions

- In a 6-quart pressure cooker, combine 1 pound sorted, rinsed, and drained dried Great Northern beans, 2 chopped onions (1 lb. total), 1 dried bay leaf, and 5 cups fat-skimmed chicken broth.
- Seal cooker. Following manufacturer's instructions, bring to maximum pressure (15 lb.) over high heat, then adjust heat to stabilize cooking rate. Cook 1 1/2 hours. Release pressure quickly, running cold water over pan.
- Open pan.
- Serve beans or, for less liquid, stir often over high heat until mixture has consistency desired, about 5 minutes.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:11.753912887657%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 139.28kcal (6.96%), Fat: 0.61g (0.94%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 17.48g (6.36%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 586.66mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.95%), Folate: 186.64µg (46.66%), Fiber: 7.95g (31.8%), Manganese: 0.57mg (28.66%), Magnesium: 74.24mg (18.56%), Phosphorus: 184.69mg (18.47%), Vitamin B1: 0.26mg (17.46%), Copper: 0.34mg (17.08%), Potassium: 579.5mg (16.56%), Iron: 2.24mg (12.47%), Vitamin B6: 0.2mg (10.22%), Selenium: 7.05µg (10.07%), Calcium: 74.34mg (7.43%), Vitamin B2: 0.11mg (6.73%), Vitamin B3: 1.29mg (6.44%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.55mg (5.51%), Vitamin C: 3.36mg (4.08%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 2.34µg (2.23%)