





## Sara Kate Gillingham-Ryan's Rosemary White Beans with Fontina

 Vegetarian  Gluten Free

READY IN



420 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 cup cannellini beans dried
- 0.3 pound fontina shredded
- 2 sprigs rosemary leaves fresh finely chopped
- 3 large cloves garlic unpeeled
- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings salt and pepper freshly ground

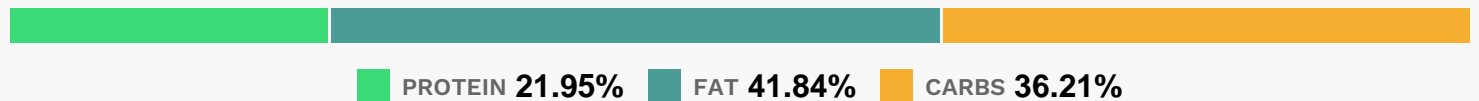
## Equipment

- bowl
- sauce pan
- colander

## Directions

- Pick over the beans and remove any grit, small pebbles, or misshapen beans.
- Put the beans in a colander, rinse under cold running water, and let drain thoroughly.
- Transfer the beans to a bowl and add tepid water to cover by 1 inch.
- Let soak at room temperature for at least 6 hours or up to overnight.
- Drain the beans, rinse, and drain again. Put in a large saucepan and add fresh cold water to cover by 1 inch.
- Add the garlic, rosemary sprigs, bay leaves, and olive oil. Bring to a boil over high heat, then reduce the heat to maintain a low but steady simmer. Cover partially and cook until the beans are tender but not mealy, about 45 minutes.
- Pour off any excess cooking liquid from the beans.
- Remove and discard the rosemary sprigs and bay leaves. (If any rosemary leaves have fallen off the stems during cooking, you can leave them in the beans.) Squeeze the cooked garlic cloves from their skins into the beans. Stir in about three-fourths of the cheese and the chopped rosemary and season with salt and pepper.
- Serve right away, sprinkling the remaining cheese on top.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:17.182173842969%

## Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 343.9kcal (17.19%), Fat: 16.26g (25.02%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 23.92g (8.7%), Sugar: 1.53g (1.7%), Cholesterol: 32.89mg (10.96%), Sodium: 429.21mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.41%), Folate: 197.85µg (49.46%), Manganese: 0.95mg (47.68%), Fiber: 7.74g (30.97%), Iron: 5.44mg (30.23%), Calcium: 281.96mg (28.2%), Potassium: 934.35mg (26.7%), Copper: 0.51mg (25.56%), Phosphorus: 253.63mg (25.36%), Magnesium: 100.59mg (25.15%), Zinc: 2.87mg (19.16%), Selenium: 10.9µg (15.57%), Vitamin B1: 0.23mg (15.41%), Vitamin B6: 0.21mg (10.65%), Vitamin E: 1.19mg (7.95%), Vitamin B12: 0.48µg (7.94%), Vitamin B2: 0.13mg (7.9%), Vitamin K: 7.82µg (7.45%), Vitamin A: 263.59IU (5.27%), Vitamin B5: 0.51mg (5.05%), Vitamin B3: 0.3mg (1.51%), Vitamin D: 0.17µg (1.13%)