



HEALTH SCORE

59%

## Smoked Bean Ragout



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon barbecue smoke seasoning (such as Hickory Liquid Smoke)
- ☐ 1 bay leaf
- ☐ 2 bay leaves
- ☐ 2 cups butternut squash cubed peeled
- ☐ 9 servings corn risotto
- ☐ 1 cup baby lima beans dried
- ☐ 0.5 teaspoon marjoram dried

- ☐ 0.5 teaspoon savory dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 garlic heads whole
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 4 cups onion vertically sliced
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cooking sherry
- ☐ 2 teaspoons sugar
- ☐ 2 cups tomatoes chopped
- ☐ 14.5 ounce vegetable broth canned
- ☐ 6 cups water
- ☐ 1 cup beans dried white

## Equipment

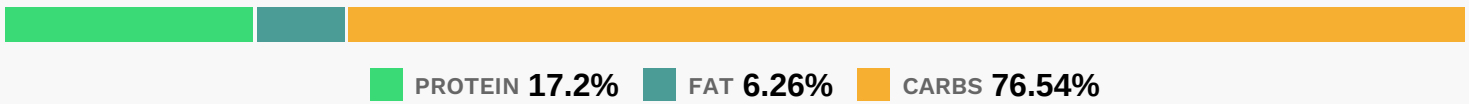
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ colander

## Directions

- ☐ Sort and wash beans; place in a Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans, and return to pan.
- ☐ Add 6 cups water, liquid smoke seasoning, and 2 bay leaves; bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- ☐ Drain beans in a colander; discard bay leaves. Set beans aside.

- ☐ Remove white papery skin of garlic heads, making sure not to peel or separate cloves. Wrap each head separately in aluminum foil.
- ☐ Bake at 350 for 1 hour; let cool for 10 minutes. Separate cloves, and squeeze to extract 1/3 cup pulp; discard skins. Set pulp aside.
- ☐ Steam squash, covered, 6 minutes or until crisp-tender; set aside.
- ☐ Combine onion and sherry in Dutch oven. Cover and cook over medium heat 10 minutes. Stir in vinegar and sugar. Cook, uncovered, over medium-high heat 15 minutes or until onion turns deep golden, stirring frequently.
- ☐ Add beans, garlic pulp, squash, broth, and next 7 ingredients; bring to a boil. Reduce heat; simmer 15 minutes.
- ☐ Remove from heat; discard bay leaf, and stir in tomato.
- ☐ Serve over Corn Risotto.

## Nutrition Facts



## Properties

Glycemic Index:48.07, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:20.362173909726%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg

## Nutrients (% of daily need)

Calories: 244.32kcal (12.22%), Fat: 1.77g (2.72%), Saturated Fat: 0.32g (2%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 39.96g (14.53%), Sugar: 10.58g (11.76%), Cholesterol: 0mg (0%), Sodium: 333.14mg (14.48%), Alcohol: 1.37g (100%), Alcohol %: 0.36% (100%), Protein: 10.94g (21.88%), Vitamin A: 3943.95IU (78.88%), Manganese: 1.08mg (53.98%), Folate: 140.14µg (35.04%), Fiber: 8.72g (34.88%), Vitamin C: 26.32mg (31.9%), Potassium: 988.52mg (28.24%), Magnesium: 101.58mg (25.4%), Iron: 4.12mg (22.9%), Copper: 0.44mg (21.75%), Vitamin B6: 0.41mg (20.61%), Phosphorus: 201.92mg (20.19%), Vitamin B1: 0.3mg (19.94%), Vitamin B3: 2.42mg

(12.12%), Zinc: 1.77mg (11.77%), Calcium: 112.2mg (11.22%), Vitamin B5: 1.09mg (10.86%), Vitamin K: 9.51µg (9.06%),  
Vitamin B2: 0.14mg (8.02%), Selenium: 4.18µg (5.97%), Vitamin E: 0.84mg (5.6%)