



Tuscan Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves (not California)
- 1 tablespoon sea salt
- 1 head garlic
- 1 lb navy dried white picked over rinsed
- 6 servings olive oil extra virgin extra-virgin (preferably Tuscan)
- 2 sage fresh
- 10 cups water

Equipment

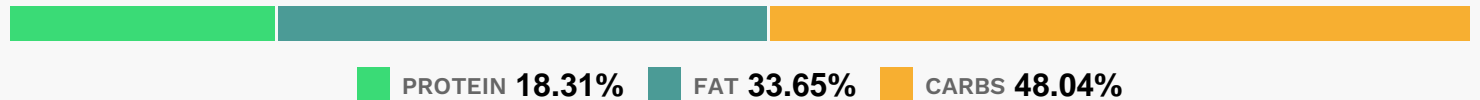
sauce pan

pot

Directions

- If using a terra-cotta pot for the first time, soak it in water to cover at least 6 hours, then drain.
- Put beans, water, sage, bay leaf, and whole head of garlic in bean pot. Cover and slowly bring to a simmer over low heat; this can take 2 3/4 hours in bean pot or 1 hour in saucepan.
- Simmer beans until tender and soft but not mushy, about 45 minutes in bean pot or 35 to 40 minutes in saucepan.
- Remove from heat and cool beans, covered, 15 minutes. Stir in sea salt.
- Drain almost all cooking liquid from beans (reserve for making soup if desired) and season beans with sea salt and pepper to taste.
- Dress beans with oil at the table.
- Willinger thinks dried beans are best when used within 1 year of harvest; it's important to purchase them from a store that has high product turnover. Beans may be cooked 1 day ahead, cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:22.375217635913%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 382.53kcal (19.13%), Fat: 14.67g (22.57%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 35.53g (12.92%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 1195.63mg (51.98%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.92%), Folate: 293.49µg (73.37%), Manganese: 1.44mg (72.07%), Fiber: 11.59g (46.38%), Iron: 8.07mg (44.83%), Copper: 0.86mg (43.15%), Potassium: 1376.24mg (39.32%), Magnesium: 148.82mg (37.21%), Phosphorus: 234.72mg (23.47%), Vitamin B1: 0.34mg (22.65%), Calcium: 202.8mg (20.28%), Zinc: 2.87mg (19.15%), Vitamin B6: 0.3mg (14.93%), Selenium: 10.34µg (14.78%), Vitamin E: 2.18mg (14.52%), Vitamin K: 12.74µg (12.13%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.58mg (5.81%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1.46mg (1.77%)