



Tuscan Stovetop Baked Beans

READY IN



55 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bottled balsamic glaze for drizzling
- ☐ 60 ounce cannellini beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 large carrots diced
- ☐ 1 stalk celery diced
- ☐ 0.8 cup cooking wine dry white
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 8 servings kosher salt and pepper freshly ground

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 medium onion diced
- ☐ 0.5 pound pancetta diced thick-cut
- ☐ 0.5 cup parmesan cheese shaved
- ☐ 0.5 teaspoon pepper flakes red

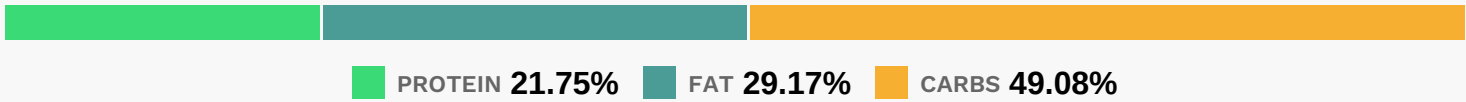
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add the pancetta and cook, stirring, until crisp, about 15 minutes.
- ☐ Remove with a slotted spoon.
- ☐ Add the onion, celery and carrot to the drippings in the pot; sprinkle with the Italian seasoning, red pepper flakes, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring occasionally, until the vegetables are soft, about 8 minutes.
- ☐ Add the garlic and cook 30 more seconds.
- ☐ Deglaze the pan with the wine, scraping up any browned bits with a wooden spoon. Simmer until reduced by half, about 4 minutes.
- ☐ Add the beans, tomatoes and chicken broth and simmer until the beans are soft, about 20 minutes. Stir in the lemon zest and juice; adjust the seasoning, if necessary.
- ☐ Remove from the heat and stir in the pancetta; transfer to a serving dish. Top with the parmesan and cover to melt.
- ☐ Drizzle with balsamic glaze.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:23.058695769828%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 445.35kcal (22.27%), Fat: 14.28g (21.97%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 41.88g (15.23%), Sugar: 4.05g (4.5%), Cholesterol: 22.96mg (7.65%), Sodium: 592.24mg (25.75%), Alcohol: 2.32g (100%), Alcohol %: 0.71% (100%), Protein: 23.96g (47.93%), Manganese: 1.07mg (53.58%), Fiber: 12.21g (48.83%), Folate: 187µg (46.75%), Phosphorus: 423.68mg (42.37%), Vitamin A: 1741.54IU (34.83%), Magnesium: 132.46mg (33.11%), Potassium: 1106.49mg (31.61%), Vitamin B1: 0.44mg (29.56%), Iron: 4.59mg (25.51%), Copper: 0.5mg (25.08%), Selenium: 16.51µg (23.59%), Vitamin B6: 0.46mg (23.05%), Calcium: 226.38mg (22.64%), Vitamin B3: 3.78mg (18.9%), Zinc: 2.2mg (14.67%), Vitamin B2: 0.24mg (13.91%), Vitamin C: 10.88mg (13.19%), Vitamin B5: 1mg (10.04%), Vitamin K: 7.43µg (7.08%), Vitamin E: 0.97mg (6.49%), Vitamin B12: 0.28µg (4.6%)