



White Bean Gratin

 Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 3 cups .5 can cannellini beans dried
- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 4 garlic cloves crushed finely chopped
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon lemon zest
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 6 tablespoons olive oil extra-virgin divided

- ☐ 1 onion sliced into thin half-moons
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 teaspoon pepper divided
- ☐ 2 large sage sprigs fresh finely chopped
- ☐ 2 ounce slab bacon thick-cut (or 2 oz. regular bacon)

Equipment

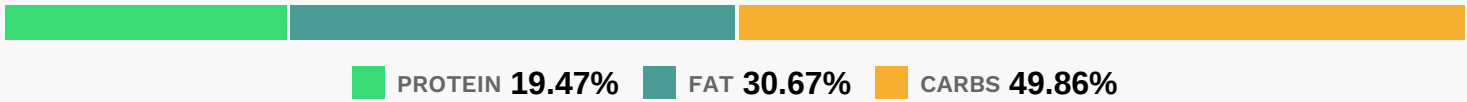
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Put beans in a large pot and cover with 1 in. cold water. Bring to a boil; turn off heat and let beans sit, covered, 1 hour.
- ☐ Drain and return to pot.
- ☐ Add 2 cups chicken broth, 7 cups water, the onion, bacon, crushed garlic, sage sprigs, bay leaves, and 1/2 tsp. pepper. Simmer, uncovered, about 1 hour, or until beans are just tender.
- ☐ Preheat oven to 37
- ☐ Add salt and cook beans until soft but not falling apart, 20 to 30 minutes.
- ☐ Discard bacon, sage sprigs, and bay leaves.
- ☐ Drain beans into a colander set over a bowl; reserve liquid.
- ☐ Pour beans back into pot.
- ☐ Blend 2 cups beans, 1/2 cup bean liquid, and 1/4 cup oil in a blender until smooth. Stir pure into beans along with chopped garlic and sage, rosemary, and remaining 1/2 tsp. pepper.
- ☐ Pour beans into a 3-qt. gratin dish and add enough bean liquid to just cover beans (if you have liquid left, save for soup; if you don't have enough, use more broth).
- ☐ Bake until top is starting to set, 25 minutes.
- ☐ Mix zest, panko, and remaining 2 tbsp. oil in a bowl.

Sprinkle over beans and bake until bubbly and browned and liquid has thickened, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:19.378695597467%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg 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: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 338.02kcal (16.9%), Fat: 11.8g (18.15%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 33.33g (12.12%), Sugar: 2.22g (2.46%), Cholesterol: 3.74mg (1.25%), Sodium: 803.85mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.69%), Folate: 243.84µg (60.96%), Manganese: 1.21mg (60.42%), Fiber: 9.82g (39.27%), Iron: 6.87mg (38.17%), Copper: 0.67mg (33.72%), Potassium: 1176.34mg (33.61%), Magnesium: 120.78mg (30.19%), Vitamin B1: 0.35mg (23.1%), Phosphorus: 220.08mg (22.01%), Calcium: 165.78mg (16.58%), Zinc: 2.46mg (16.43%), Selenium: 10.65µg (15.21%), Vitamin B6: 0.25mg (12.49%), Vitamin E: 1.37mg (9.15%), Vitamin K: 9.24µg (8.8%), Vitamin B2: 0.14mg (8.04%), Vitamin B3: 1.59mg (7.95%), Vitamin B5: 0.53mg (5.34%), Vitamin C: 1.98mg (2.4%), Vitamin B12: 0.1µg (1.61%)