



White Beans with Pancetta and Sage

 Dairy Free

READY IN



675 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 4 servings flour all-purpose for dredging
- ☐ 6 sage leaves fresh
- ☐ 3 garlic cloves
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 0.5 pound beans dried white such as corona beans

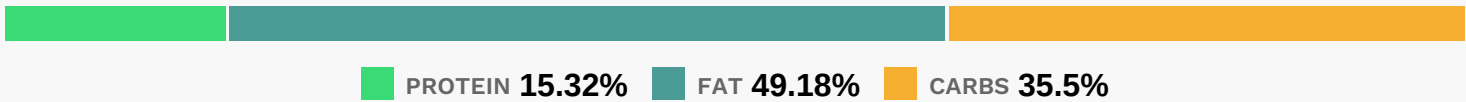
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Put the dried beans in a large bowl and cover with cold water. Soak the beans overnight in the refrigerator.
- ☐ Drain the soaked beans, place them in a large pot and cover with fresh cold water.
- ☐ Put the beans over medium-high heat and bring to a boil. Toss in the bay leaves and garlic. Reduce the heat to medium and simmer for 11/2 hours until tender.
- ☐ Drain the cooked beans and spread them out on a sheet pan to cool slightly.
- ☐ Put about 1/2 cup of flour in a shallow platter and season it with salt and pepper; mix with a fork to distribute evenly. Toss the beans in the seasoned flour to coat completely.
- ☐ Place a large skillet over medium-high heat and coat with the oil. When the oil is hot, add the pancetta, fry for a couple of minutes to crisp it up. Toss in the sage leaves and fry for about 1 minute.
- ☐ Remove the pancetta and sage to some paper towels; now you have a flavor base. Shake off excess flour from the beans and put them in the pan in a single layer. Fry the beans for a good 10 minutes to form a golden crust on the outside of the beans, tossing to cook both sides.
- ☐ Return the pancetta and fried sage to the pan, stir everything together, and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:4.36, Inflammation Score:-7, Nutrition Score:19.831738801106%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg 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: 457.59kcal (22.88%), Fat: 25.33g (38.97%), Saturated Fat: 5.78g (36.09%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 32.22g (11.72%), Sugar: 1.24g (1.38%), Cholesterol: 18.71mg (6.24%), Sodium: 197.59mg (8.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Folate: 233.94µg (58.48%), Manganese: 1.14mg (56.76%), Copper: 0.77mg (38.67%), Iron: 6.55mg (36.37%), Fiber: 8.92g (35.67%), Potassium: 1093.05mg (31.23%), Magnesium: 113.71mg (28.43%), Vitamin B1: 0.39mg (25.98%), Selenium: 15.82µg (22.61%), Phosphorus: 223.3mg (22.33%), Zinc: 2.5mg (16.66%), Vitamin E: 2.19mg (14.62%), Calcium: 144.3mg (14.43%), Vitamin B6: 0.29mg (14.43%), Vitamin K: 11.53µg (10.98%), Vitamin B3: 1.87mg (9.37%), Vitamin B2: 0.15mg (8.58%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.14µg (2.36%)