



White Beans with Tasso

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup andouille sausage diced generous finely
- 2 bay leaves
- 2 large celery stalks chopped
- 1.8 cups great northern beans dried rinsed
- 2 medium garlic clove chopped
- 1 small onion chopped
- 1 small bell pepper diced red
- 8 ounces pork hock smoked

3.3 cups water ()

Equipment

slow cooker

Directions

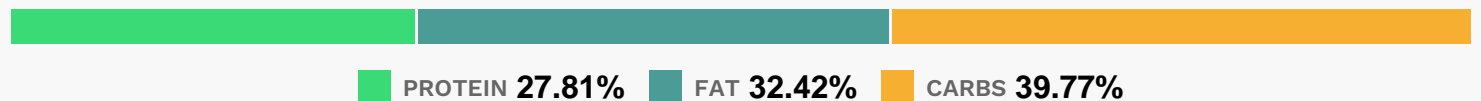
Stir 3 1/4 cups water and all remaining ingredients in large slow cooker. Cover and cook on high until beans are tender, stirring occasionally and adding more water if dry, about 4 1/2 hours.

Remove ham hock.

Cut off all meat; shred and return to beans. Season to taste with salt and pepper.

* Cajun-style cured, smoked pork; available at some supermarkets and at specialty food stores.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:13.938695547373%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 267.97kcal (13.4%), Fat: 9.7g (14.93%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 18.31g (6.66%), Sugar: 1.79g (1.99%), Cholesterol: 39.38mg (13.13%), Sodium: 163.18mg (7.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Folate: 199.39µg (49.85%), Fiber: 8.47g (33.87%), Manganese: 0.61mg (30.37%), Potassium: 731.02mg (20.89%), Magnesium: 80.51mg (20.13%), Phosphorus: 199.99mg (20%), Vitamin B1: 0.3mg (19.82%), Copper: 0.37mg (18.26%), Vitamin C: 14.89mg (18.04%), Iron: 2.85mg (15.84%), Vitamin B6: 0.25mg (12.3%), Selenium: 7.37µg (10.53%), Calcium: 84.12mg (8.41%), Zinc: 1.22mg (8.17%), Vitamin B3: 1.5mg (7.48%), Vitamin B2: 0.12mg (7.29%), Vitamin A: 299.94IU (6%), Vitamin B5: 0.56mg (5.58%), Vitamin K: 3.2µg (3.04%), Vitamin E: 0.33mg (2.19%), Vitamin B12: 0.1µg (1.61%)