

The Daily Dollop Episode 10

Let's Get Gassy

Show Notes

Release Date: June 30, 2020

Run time: 48:05

I. Meal of the week

A. Beans: Oven-roasted salmon with asparagus and [homemade naan](#)

B. Onion: Grilled salmon with asparagus and couscous

II. Daily Dollop OF WIND

A. Poetry exposition

1. [“The Bean Eaters”](#) by [Gwendolyn Brooks](#)
2. Share five words that describe beans
3. “Beans, Beans, the Musical Fruit”
4. Bean limerick bonanza

B. Bean nutrition

1. Potassium, protein, sodium, calories, carbs, iron

Kroger Chili Hot Beans

15.5 oz

3.5 servings/container (130 g or 1/2 cup per serving)

120 cal

1.5 fat

240 sodium

21 carbs

5 fiber

7 protein

10% iron

Kroger Black Beans

15.25 oz

3.5 servings/container (130 g or 1/2 cup per serving)

120 cal

0 fat

370 sodium

22 carbs

6 fiber

7 protein

10% iron

Kroger dried Great Northern Beans

13 servings per container (1/4 cup dry, 35 g)

120 cal

0 fat

0 sodium

22 carbs

7 fiber

8 protein

10% iron, 10% potassium

2. 3.52 mg potassium/gram of banana
3. 3.55 mg potassium/gram of cooked black beans
4. 5.61 mg potassium/gram of cooked white beans
5. 3 oz chicken breast: 26 protein / 15.25 oz black beans: 21 protein

C. The Gas-Factor

Beans contain fibers called oligosaccharides (all-uh-go-SACK-are-rides), which are non-digestible, fermentable fibers that cause gas. While this might sound like a bad thing, it's actually a very good thing. These fibers survive the acidic stomach and don't get digested in the upper part of the gut. They make their way intact to the colon where they are fermented by beneficial bacteria. Gas

is created during this fermentation process. It's a good sign, one that says these healthful bacteria are being fed well, maintained, and enhanced through the right food choices, which in turn may lead to the prevention of diseases of the gut, as well as other organs in the body. Fibers from foods like beans that are able to reach the gut intact and stimulate growth and promote activity in the beneficial microflora are also referred to as prebiotics.

D. Bean history

E. Bean recipes

Beans:

Northern Bean Soup

Lentejas

Chili

Black beans

Onion:

Hummus

Chilis

Refried bean quesadillas

Bean "salad"

F. Bean media

1. [Holy Frijoles](#) restaurant in Baltimore
2. [The Human Bean: 40 days on a tin-bean diet](#)
3. ["A Boom Time for the Bean Industry"](#)

III. **Weekly CHOW-llenge**

- A. Cook beans. Take picture. Send to @dailydolloppodcast (Insta) or dailydolloppodcast@gmail.com