



Baked Gigantes Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- 2 cans shell beans drained
- 1 cup tomato sauce canned
- 1 handful flat parsley chopped
- 4 servings olive oil extra-virgin for drizzling
- 0.5 teaspoon oregano dried
- 4 servings salt and pepper

Equipment

- oven

Directions

- Preheat oven to 450 degrees F.
- In a small oven safe dish or casserole, combine beans with tomato sauce, parsley, and oregano, crushing the oregano in your palm before you sprinkle it into the beans.
- Drizzle beans with a touch of extra-virgin oil and season with salt and pepper, to taste.
- Combine ingredients with a final toss.
- Place in oven and bake 12 minutes or until sauce is bubbling and beans are heated through.

Nutrition Facts

 PROTEIN **14.31%**  FAT **41.02%**  CARBS **44.67%**

Properties

Glycemic Index:29.5, Glycemic Load:8.92, Inflammation Score:-7, Nutrition Score:15.69782619891%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 310.12kcal (15.51%), Fat: 14.57g (22.41%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 24.27g (8.82%), Sugar: 2.2g (2.44%), Cholesterol: 0mg (0%), Sodium: 1210.78mg (52.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.87%), Fiber: 11.43g (45.7%), Manganese: 0.86mg (43.21%), Folate: 115.63µg (28.91%), Vitamin K: 28.1µg (26.76%), Iron: 4.73mg (26.29%), Magnesium: 94.61mg (23.65%), Copper: 0.46mg (23.12%), Vitamin E: 2.95mg (19.67%), Potassium: 665.98mg (19.03%), Phosphorus: 177.33mg (17.73%), Selenium: 10.1µg (14.43%), Vitamin B6: 0.26mg (13%), Zinc: 1.56mg (10.38%), Vitamin B1: 0.13mg (8.99%), Vitamin B5: 0.75mg (7.55%), Vitamin A: 353.7IU (7.07%), Vitamin C: 5.62mg (6.82%), Vitamin B2: 0.12mg (6.8%), Vitamin B3: 1.2mg (5.98%), Calcium: 59.57mg (5.96%)