



Beans with Basil Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

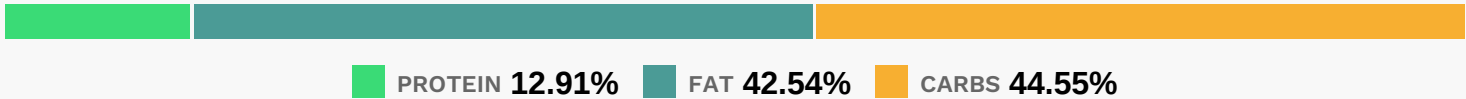
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon lemon zest shredded finely
- ☐ 1 pound cool beans fresh cooked
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings salt and pepper

Equipment

Directions

- ☐ Mix basil, lemon peel, olive oil, and garlic.
- ☐ Combine mixture with beans.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:5.6769564883864%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 75.16kcal (3.76%), Fat: 3.75g (5.77%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 6.92g (2.52%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 201.09mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 26.58mg (32.21%), Folate: 115µg (28.75%), Vitamin K: 10.43µg (9.94%), Magnesium: 32.5mg (8.13%), Fiber: 1.92g (7.69%), Iron: 1.37mg (7.61%), Potassium: 251.39mg (7.18%), Calcium: 59.45mg (5.94%), Phosphorus: 46.69mg (4.67%), Copper: 0.09mg (4.65%), Vitamin E: 0.52mg (3.5%), Zinc: 0.49mg (3.28%), Manganese: 0.05mg (2.43%), Vitamin A: 106.39IU (2.13%), Vitamin B6: 0.02mg (1.21%)