



Broccoli Rabe with White Beans and Parmesan



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli rabe (rapini)
- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 5 garlic clove thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

☐ 1 ounce parmesan shaved

Equipment

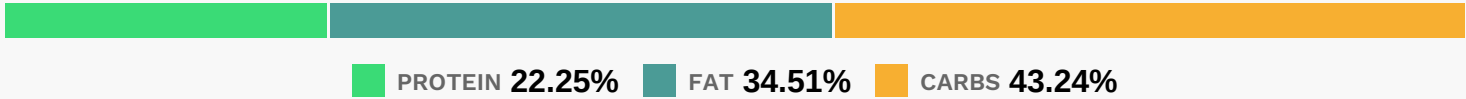
☐ frying pan

☐ sauce pan

Directions

- ☐ Bring 8 cups of water to a boil in a large saucepan.
- ☐ Cut broccoli rabe into 2-inch pieces. Cook broccoli rabe in boiling water 2 minutes; drain.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add crushed red pepper and garlic to pan; cook 30 seconds, stirring occasionally.
- ☐ Add broccoli rabe to pan; cook 2 minutes. Stir in salt and black pepper. Stir in cannellini beans; cook 1 minute or until thoroughly heated. Top with shaved Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:18.096956609384%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 161.58kcal (8.08%), Fat: 6.49g (9.99%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 12.74g (4.63%), Sugar: 0.56g (0.63%), Cholesterol: 3.21mg (1.07%), Sodium: 203mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Vitamin K: 174.69µg (166.37%), Vitamin A: 2044.95IU (40.9%), Manganese: 0.73mg (36.46%), Folate: 109.27µg (27.32%), Fiber: 5.57g (22.27%), Iron: 3.88mg (21.53%), Calcium: 194.97mg (19.5%), Vitamin C: 16.05mg (19.46%), Vitamin E: 2.5mg (16.68%), Phosphorus: 156.81mg (15.68%), Magnesium: 55.89mg (13.97%), Potassium: 488.22mg (13.95%), Vitamin B1: 0.2mg (13.18%), Vitamin B6: 0.22mg (11%), Copper: 0.21mg (10.41%), Zinc: 1.54mg (10.27%), Vitamin B2: 0.14mg (8.43%), Vitamin B3:

1.04mg (5.22%), Selenium: 3.33µg (4.76%), Vitamin B5: 0.41mg (4.14%)