



HEALTH SCORE

68%

Calabrese Broad Beans and Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds broad beans cut into 3 pieces may substitute green beans if broad beans not available
- ☐ 2 cloves garlic peeled sliced thin
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1 cup plum tomatoes whole canned
- ☐ 1 teaspoon chili flakes red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup water cold

☐ 1 pound yukon gold potatoes sliced cut in half length wise and 1/

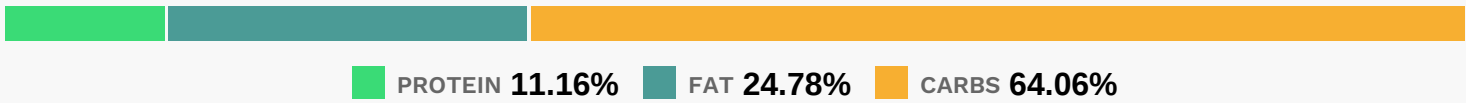
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Place potatoes in cold salted water and bring up to a boil, simmer 1 minute.
- ☐ Remove with a slotted spoon.
- ☐ Add beans to water and simmer for 3 minutes.
- ☐ Remove with slotted spoon.
- ☐ In a saute pan over medium-high heat, heat 1/3-cup extra-virgin olive oil. When oil is hot add potatoes and cook for 8 minutes until light brown.
- ☐ Add garlic and season with salt and pepper. When garlic is light brown, add the chili flakes and saute for 10 seconds, then add oregano. Continue to saute for 4 minutes. Using your hands, squeeze the tomatoes between your fingers right into the pan.
- ☐ Add 1 cup cold water.
- ☐ Add broad beans. When it comes to a simmer, reduce heat to low and simmer for 10 minutes. Turn off and let sit 5 minutes, then stir in remaining olive oil. Taste and adjust seasoning, if needed, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:12.41, Inflammation Score:-9, Nutrition Score:14.445652158364%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

3.87mg

Nutrients (% of daily need)

Calories: 137.18kcal (6.86%), Fat: 4.09g (6.29%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 18.07g (6.57%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 21.22mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 61.19µg (58.28%), Vitamin C: 34.46mg (41.77%), Vitamin A: 1226.07IU (24.52%), Manganese: 0.48mg (24.11%), Fiber: 5.71g (22.86%), Vitamin B6: 0.44mg (22.14%), Potassium: 673.37mg (19.24%), Folate: 57.55µg (14.39%), Magnesium: 53.64mg (13.41%), Iron: 2.28mg (12.64%), Vitamin B1: 0.17mg (11.5%), Copper: 0.2mg (10.12%), Phosphorus: 99.57mg (9.96%), Vitamin E: 1.49mg (9.9%), Vitamin B3: 1.95mg (9.74%), Vitamin B2: 0.16mg (9.32%), Calcium: 72.85mg (7.29%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.61mg (4.08%), Selenium: 1.16µg (1.66%)