



Cannellini Bean Side Dish With Fennel, Red Onion, and Saffron

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- 3 cups .5 can cannellini beans with the liquid that clings to them cooked
- 1 tablespoon olive oil extra virgin
- 1 cup fennel bulb chopped
- 1 leaf flat parsley minced
- 0.5 cup onion red chopped
- 0.3 teaspoon saffron threads
- 6 servings pepper black freshly ground

- 6 servings vegetable stock as needed
- 2 tablespoons water boiling

Equipment

- bowl
- frying pan
- measuring cup

Directions

- Combine saffron and boiling water in small heat-proof bowl or measuring cup; set aside for 5 minutes.
- Heat oil in large nonstick skillet; add fennel and onion. Cook, stirring occasionally, until tender, about 5 minutes.
- Add beans and saffron mixture to skillet and stir to blend. Season to taste with salt and pepper. If mixture seems dry, add bean cooking liquid or vegetable broth to achieve desired consistency.
- Sprinkle with parsley or fennel fronds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:3.5626086956522%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Taste

Sweetness: 100%, Saltiness: 47.79%, Sourness: 6.49%, Bitterness: 17.96%, Savoriness: 2.4%, Fattiness: 74.54%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 106.97kcal (5.35%), Fat: 2.38g (3.66%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 14.03g (5.1%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 1140.91mg (49.6%), Protein: 5.34g (10.67%), Fiber: 4.99g (19.98%), Vitamin K: 13.46µg (12.82%), Iron: 2.1mg (11.67%), Vitamin A: 534.86IU (10.7%), Calcium: 64.72mg (6.47%), Vitamin C: 2.95mg (3.58%), Manganese: 0.06mg (2.95%), Vitamin E: 0.43mg (2.83%), Potassium: 81.84mg (2.34%), Folate: 6.72µg (1.68%), Vitamin B6: 0.02mg (1.16%), Phosphorus: 11.38mg (1.14%), Magnesium: 4.11mg (1.03%)