



Cannellini Bean Stew

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black
- 30 ounce .5 can cannellini beans white drained canned
- 6 carrots halved lengthwise cut into 3-inch pieces
- 14.5 ounce chicken broth low-sodium canned
- 2 cloves garlic smashed
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin

3 cups spinach leaves fresh

Equipment

bowl

dutch oven

Directions

In a Dutch oven, over medium heat, bring the beans, broth, garlic, bay leaf, and carrots to a boil. Cover, reduce heat, and simmer for 15 minutes.

Remove and discard the bay leaf.

Add the spinach, salt, and pepper and stir for 1 minute. Spoon the stew into bowls.

Drizzle with the oil. If desired, add either some vinegar or Parmesan.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:22.783043555591%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 244.02kcal (12.2%), Fat: 5.7g (8.77%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 28.77g (10.46%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 275.65mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Vitamin A: 11598.79IU (231.98%), Vitamin K: 87.58µg (83.41%), Manganese: 0.98mg (49.05%), Fiber: 8.89g (35.55%), Folate: 132.9µg (33.23%), Potassium: 986.65mg (28.19%), Iron: 5.03mg (27.95%), Magnesium: 92.56mg (23.14%), Copper: 0.42mg (20.75%), Phosphorus: 179.92mg (17.99%), Vitamin E: 2.5mg (16.67%), Calcium: 143.68mg (14.37%), Vitamin B1: 0.19mg (12.68%), Zinc: 1.9mg (12.64%), Vitamin B6: 0.24mg (11.98%), Vitamin C: 8.13mg (9.86%), Vitamin B3: 1.82mg (9.08%), Vitamin B2: 0.14mg (8.12%), Vitamin B5: 0.45mg (4.46%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.07µg (1.14%)