



## Cannellini Beans and Greens on Garlic Toast

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce peasant bread toasted
- 16 ounce cannellini beans beans white rinsed drained canned
- 0.1 teaspoon pepper red crushed
- 1 garlic clove halved
- 2 garlic cloves minced
- 12 cups torn kale (1 bunch)
- 1 teaspoon olive oil
- 1.5 cups onion finely chopped

- 0.5 teaspoon oregano dried
- 3 ounces parmesan cheese fresh divided grated
- 1 cup plum tomatoes diced seeded
- 0.1 teaspoon salt
- 3 cups water

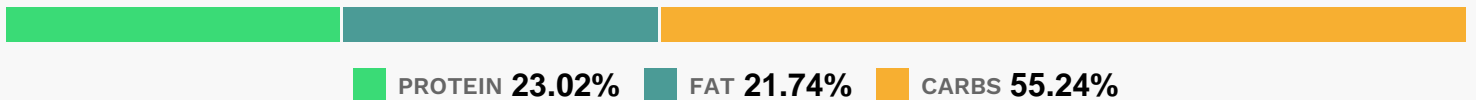
## Equipment

- bowl
- frying pan
- dutch oven
- colander

## Directions

- Bring 3 cups water to a boil in a large Dutch oven; add kale. Cook 6 minutes or until tender; drain in a colander over a bowl, reserving 1 cup cooking liquid.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add the onion and oregano; saut 5 minutes.
- Add tomato, salt, crushed red pepper, and minced garlic; saute 1 minute. Stir in kale, reserved liquid, and beans; cook 3 minutes.
- Rub garlic halves on 1 side of each toast slice.
- Place toast slices, garlic sides up, on 4 plates; sprinkle each slice with 2 tablespoons cheese. Top each with 1 cup bean mixture and 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:69.67, Glycemic Load:18.92, Inflammation Score:-10, Nutrition Score:36.775652012099%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 17.87mg, Isorhamnetin: 17.87mg, Isorhamnetin: 17.87mg, Isorhamnetin: 17.87mg Kaempferol: 29.93mg, Kaempferol: 29.93mg, Kaempferol: 29.93mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 26.79mg, Quercetin: 26.79mg, Quercetin: 26.79mg, Quercetin: 26.79mg

## Nutrients (% of daily need)

Calories: 398.87kcal (19.94%), Fat: 9.9g (15.22%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 44.93g (16.34%), Sugar: 7.58g (8.42%), Cholesterol: 14.46mg (4.82%), Sodium: 669.21mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Vitamin K: 258.61µg (246.29%), Vitamin A: 6977.49IU (139.55%), Vitamin C: 72.18mg (87.49%), Manganese: 1.71mg (85.32%), Calcium: 581.06mg (58.11%), Fiber: 11.63g (46.53%), Folate: 171.35µg (42.84%), Phosphorus: 375.85mg (37.59%), Iron: 6.54mg (36.32%), Magnesium: 121.03mg (30.26%), Potassium: 1054.78mg (30.14%), Selenium: 20.06µg (28.65%), Vitamin B1: 0.42mg (27.85%), Vitamin B2: 0.47mg (27.66%), Copper: 0.46mg (23.09%), Vitamin B6: 0.4mg (19.77%), Vitamin B3: 3.76mg (18.81%), Zinc: 2.8mg (18.66%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 0.85mg (8.55%), Vitamin B12: 0.26µg (4.25%)