



Cannellini Beans with Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 60 oz .5 can cannellini beans white drained canned ()
- ☐ 1 teaspoon rosemary leaves dried fresh crumbled chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.8 lb onion peeled chopped
- ☐ 4 roma tomatoes cored rinsed chopped
- ☐ 10 servings salt and pepper

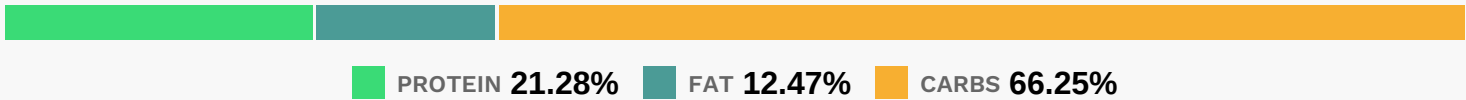
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 4- to 5-quart pan over medium-high heat, stir onion, garlic, and oil often until onion is slightly browned, about 10 minutes.
- ☐ Set aside 1/2 cup of the tomatoes and add the remainder to onion mixture. Stir often until tomatoes begin to soften, about 4 minutes.
- ☐ Add beans and rosemary and stir occasionally over low heat to blend flavors, about 10 minutes. If bean mixture is thicker than desired, thin with water and bring to a simmer.
- ☐ Pour into a bowl and sprinkle with reserved tomatoes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:9.66, Inflammation Score:-7, Nutrition Score:14.208695644918%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 237.64kcal (11.88%), Fat: 3.38g (5.2%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 31.35g (11.4%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 205.06mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Manganese: 0.96mg (47.94%), Fiber: 9.05g (36.22%), Folate: 120.78µg (30.19%), Iron: 5.25mg (29.18%), Potassium: 883.23mg (25.24%), Magnesium: 93.04mg (23.26%), Copper: 0.42mg (21.22%), Phosphorus: 171.53mg (17.15%), Calcium: 135.74mg (13.57%), Zinc: 2.01mg (13.42%), Vitamin B1: 0.19mg (12.62%), Vitamin E: 1.89mg (12.59%), Vitamin B6: 0.2mg (9.79%), Vitamin K: 8.72µg (8.31%), Vitamin C: 6.1mg (7.4%), Vitamin B2: 0.08mg (4.56%), Selenium: 2.98µg (4.25%), Vitamin A: 207.61IU (4.15%), Vitamin B5: 0.38mg (3.82%), Vitamin B3: 0.38mg (1.92%)