



Cannellini with Tomatoes and Sage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 1 can cannellini beans rinsed drained (15)
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 0.3 teaspoon coarse salt (kosher or sea)
- ☐ 0.1 teaspoon pepper

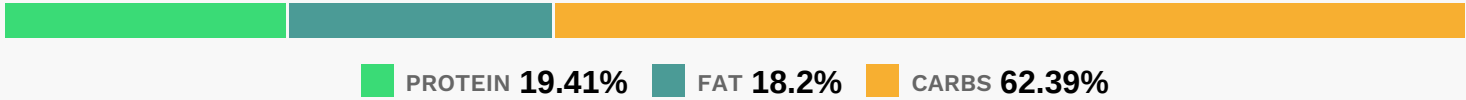
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add garlic; cook 1 to 2 minutes, stirring constantly, until light golden brown.
- ☐ Stir in tomatoes, beans and sage.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 5 to 7 minutes or until most of the liquid has evaporated. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:7.83, Inflammation Score:-6, Nutrition Score:17.299130305%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 192.63kcal (9.63%), Fat: 4.09g (6.29%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 24.17g (8.79%), Sugar: 4.86g (5.39%), Cholesterol: 0mg (0%), Sodium: 286.82mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.64%), Copper: 5mg (249.75%), Manganese: 0.94mg (46.8%), Fiber: 7.38g (29.5%), Iron: 4.82mg (26.77%), Potassium: 812.64mg (23.22%), Folate: 84.75µg (21.19%), Magnesium: 79.56mg (19.89%), Vitamin E: 2.43mg (16.21%), Vitamin K: 15.01µg (14.3%), Phosphorus: 135.71mg (13.57%), Calcium: 127.97mg (12.8%), Vitamin B6: 0.26mg (12.76%), Vitamin B1: 0.19mg (12.66%), Vitamin C: 9.92mg (12.03%), Zinc: 1.55mg (10.36%), Vitamin B3: 1.39mg (6.96%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.5mg (4.99%), Vitamin A: 221.43IU (4.43%), Selenium: 2.59µg (3.7%)