



Creamy Cannellini Beans with Garlic and Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



666 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 2 cups cannellini beans dried
- ☐ 2 garlic clove crushed
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 gallon water

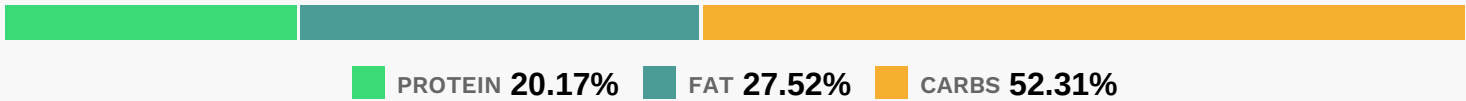
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a 6-quart Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans; return to pan.
- ☐ Add 1 gallon water. Bring to a boil; reduce heat, and simmer, uncovered, 2 hours or until tender.
- ☐ Drain beans, reserving 3/4 cup cooking liquid.
- ☐ Place beans in a bowl; stir in reserved cooking liquid and salt.
- ☐ Let stand 30 minutes. Wash and dry pan.
- ☐ Heat pan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add oregano, garlic, and bay leaf; saut 2 minutes or until garlic is golden. Stir in bean mixture. Bring to a simmer; cook 4 minutes or until creamy, stirring frequently.
- ☐ Remove from heat; remove and discard garlic and bay leaf.
- ☐ Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:14.546086915485%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 229.16kcal (11.46%), Fat: 7.19g (11.06%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 23.02g (8.37%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 395.38mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Folate: 196.13µg (49.03%), Manganese: 0.92mg (46.23%), Fiber: 7.72g (30.89%), Iron: 5.35mg (29.75%), Copper: 0.58mg (28.78%), Potassium: 910.48mg (26.01%), Magnesium: 101.06mg (25.27%), Phosphorus: 153.26mg (15.33%), Vitamin B1: 0.22mg (14.82%), Calcium: 138.15mg (13.81%), Zinc: 1.91mg (12.75%), Selenium: 6.57µg (9.39%), Vitamin B6: 0.17mg (8.54%), Vitamin E: 1.09mg (7.27%), Vitamin K: 7.29µg (6.95%), Vitamin B2: 0.07mg (4.41%), Vitamin B5: 0.37mg (3.75%), Vitamin B3: 0.25mg (1.25%)