

Crunchy Bean Skillet

 Vegetarian  Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 45 ounces cannellini beans rinsed drained canned
- 14 ounces pasta sauce (any variety)
- 1 cup celery stalks sliced
- 0.3 cup spring onion sliced
- 1 teaspoon parsley
- 1 teaspoon basil dried
- 0.5 teaspoon oregano dried
- 4 ounces mozzarella cheese shredded

0.5 cup walnut pieces coarsely chopped

Equipment

frying pan

Directions

Mix all ingredients except cheese and walnuts in 10-inch nonstick skillet.

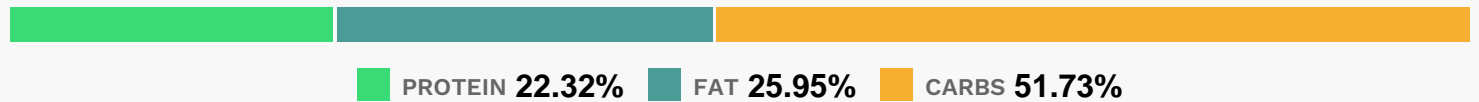
Heat to boiling; reduce heat.

Sprinkle with cheese.

Cover and simmer 3 to 5 minutes or just until cheese is melted.

Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:12.33, Inflammation Score:-8, Nutrition Score:23.567391602889%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 383.3kcal (19.16%), Fat: 11.45g (17.61%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 38.98g (14.17%), Sugar: 3.75g (4.17%), Cholesterol: 14.93mg (4.98%), Sodium: 457.25mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Manganese: 1.55mg (77.73%), Fiber: 12.37g (49.47%), Iron: 7.67mg (42.61%), Folate: 164.7µg (41.18%), Copper: 0.74mg (37.02%), Potassium: 1281.32mg (36.61%), Magnesium: 141.93mg (35.48%), Phosphorus: 318.34mg (31.83%), Calcium: 285.79mg (28.58%), Vitamin K: 26.39µg (25.14%), Zinc: 3.44mg (22.9%), Vitamin E: 2.85mg (19.03%), Vitamin B1: 0.27mg (17.68%), Vitamin B6: 0.3mg (15.14%), Vitamin B2: 0.21mg (12.12%), Selenium: 7.6µg (10.85%), Vitamin A: 537.66IU (10.75%), Vitamin C: 6.09mg (7.38%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.43µg (7.18%), Vitamin B3: 1.12mg (5.59%)