



Dinner Tonight: Haricot Panaché



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 14 ounce beans white drained canned (such as cannellini)
- ☐ 1 small handful parsley chopped
- ☐ 2 large handfuls green beans
- ☐ 2 servings salt and pepper to taste

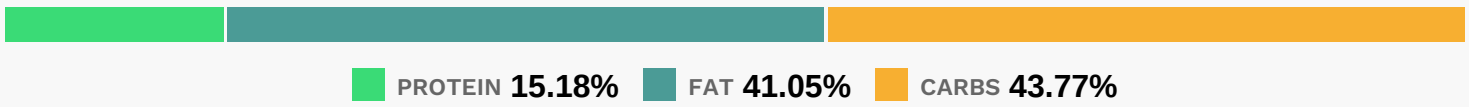
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of salted water to boil and cook the green beans until just tender.
- ☐ In the meantime, drain and rinse the beans and chop the parsley. Warm the beans in a small skillet with 1 tablespoon of butter.
- ☐ Drain the green beans and toss into the skillet along with the parsley.
- ☐ Add salt and a healthy portion of pepper, then remove from the heat and add the remaining butter.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:10.13, Inflammation Score:-7, Nutrition Score:16.834347735281%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 377.83kcal (18.89%), Fat: 17.62g (27.11%), Saturated Fat: 10.95g (68.42%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 32.66g (11.88%), Sugar: 0.64g (0.71%), Cholesterol: 45.15mg (15.05%), Sodium: 339.92mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Manganese: 1.03mg (51.39%), Vitamin K: 40.46µg (38.53%), Fiber: 9.62g (38.47%), Iron: 6.07mg (33.74%), Folate: 132.99µg (33.25%), Potassium: 919.22mg (26.26%), Magnesium: 102.88mg (25.72%), Copper: 0.46mg (23.21%), Phosphorus: 187.17mg (18.72%), Calcium: 153.16mg (15.32%), Zinc: 2.27mg (15.11%), Vitamin A: 700.17IU (14%), Vitamin E: 2.07mg (13.83%), Vitamin B1: 0.19mg (12.94%), Vitamin B6: 0.15mg (7.63%), Vitamin B2: 0.08mg (4.92%), Selenium: 3.39µg (4.85%), Vitamin B5: 0.4mg (4%), Vitamin C: 2.78mg (3.37%), Vitamin B3: 0.27mg (1.33%)