



Fagioli-on-Toast



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



388 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 slices country bread thick
- ☐ 15 ounce .5 can cannellini beans canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 garlic cloves peeled sliced
- ☐ 4 tablespoons olive oil
- ☐ 9 servings sage leaves fresh
- ☐ 0.5 teaspoon salt

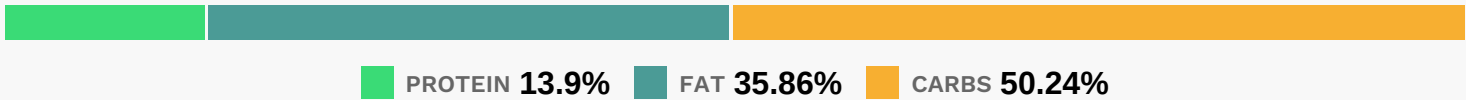
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle the bread with 2 tablespoons of the oil. Toast the slices until crusty and golden.
- ☐ Heat the remaining oil in a large skillet, then add the garlic and sage and stir until the garlic begins to brown, about 1 minute.
- ☐ Add the tomatoes, beans, salt, and pepper and stir to combine. Cook until the liquid is reduced and the soup is slightly thickened, a few more minutes.
- ☐ Serve, placing a slice of toast into each soup bowl or generously spooning the beans and broth right over the bread, if the kids will let you.
- ☐ This is a great way to use up that two-day-old bread—or, if it’s an easier sell, try tossing the soup with pasta instead.

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:16.77, Inflammation Score:-7, Nutrition Score:22.819130814594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 387.86kcal (19.39%), Fat: 16.15g (24.84%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 40.83g (14.85%), Sugar: 10.66g (11.84%), Cholesterol: 0mg (0%), Sodium: 690.95mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.16%), Manganese: 1.3mg (64.76%), Copper: 0.93mg (46.72%), Fiber: 10.06g (40.25%), Iron: 6.9mg (38.31%), Vitamin E: 5.39mg (35.95%), Potassium: 1111.84mg (31.77%), Folate: 118.77µg (29.69%), Magnesium: 106.14mg (26.53%), Vitamin B1: 0.37mg (24.63%), Vitamin C: 18.78mg (22.76%), Vitamin K: 23.63µg (22.51%), Vitamin B6: 0.43mg (21.37%), Vitamin B3: 4.12mg (20.61%), Phosphorus: 198.89mg (19.89%), Calcium: 184.27mg (18.43%), Selenium: 11.18µg (15.97%), Zinc: 2.04mg (13.59%), Vitamin B2: 0.22mg (12.65%), Vitamin B5: 0.99mg (9.89%), Vitamin A: 428.04IU (8.56%)