



Fresh Cranberry Beans with Lemon and Olive Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 7.8 cups cranberry beans fresh shelled
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 teaspoons sea salt
- 4 cups water

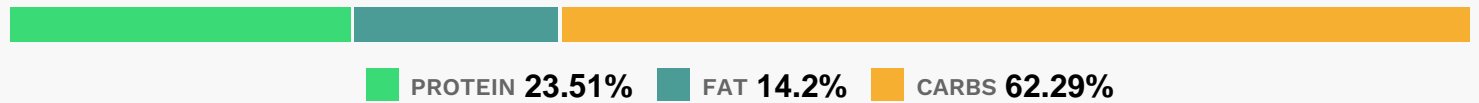
Equipment

- bowl
- whisk
- pot

Directions

- Bring water and salt to a boil in a stockpot.
- Add beans. Reduce heat, and simmer 15 minutes or until beans are tender.
- Drain.
- Combine lemon juice and remaining ingredients in a small bowl; stir well with a whisk.
- Combine juice mixture and beans, tossing to coat.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:16.44869555209%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 266.15kcal (13.31%), Fat: 4.31g (6.63%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 25.35g (9.22%), Sugar: 0.19g (0.22%), Cholesterol: 0mg (0%), Sodium: 589.22mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.11%), Folate: 356.55µg (89.14%), Fiber: 17.2g (68.82%), Manganese: 0.65mg (32.66%), Vitamin B1: 0.36mg (24.14%), Phosphorus: 232.34mg (23.23%), Magnesium: 87.63mg (21.91%), Copper: 0.42mg (20.93%), Iron: 3.63mg (20.16%), Potassium: 673.78mg (19.25%), Zinc: 1.97mg (13.16%), Calcium: 90.76mg (9.08%), Vitamin B6: 0.14mg (7.15%), Vitamin B2: 0.12mg (7.05%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.42mg (4.24%), Vitamin C: 2.98mg (3.61%), Vitamin E: 0.52mg (3.46%), Selenium: 2.25µg (3.21%), Vitamin K: 2.62µg (2.5%)