



Garlicky Beans on Toast



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



269 kcal

SIDE DISH

Ingredients

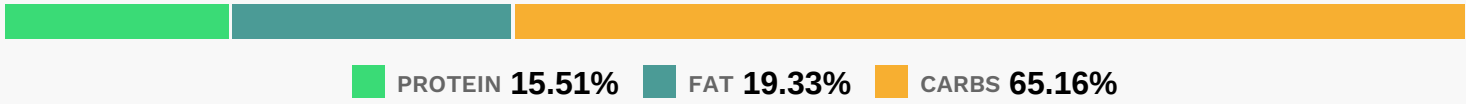
- ☐ 0.3 cup beans white canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 serving parsley fresh chopped
- ☐ 1 serving rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 1 slice sourdough

Equipment

Directions

- ☐ Heat olive oil, beans, minced garlic, and crushed red pepper over medium heat. Spoon over sourdough.
- ☐ Sprinkle with fresh rosemary and parsley.

Nutrition Facts



Properties

Glycemic Index:173.5, Glycemic Load:28.2, Inflammation Score:-7, Nutrition Score:15.78043486761%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 269.08kcal (13.45%), Fat: 5.86g (9.01%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 40.34g (14.67%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 398.81mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin K: 70.33µg (66.98%), Vitamin B1: 0.51mg (33.89%), Manganese: 0.64mg (32.02%), Folate: 115.21µg (28.8%), Selenium: 19.55µg (27.93%), Iron: 4.31mg (23.97%), Vitamin B2: 0.3mg (17.84%), Vitamin B3: 3.28mg (16.38%), Fiber: 4.07g (16.26%), Magnesium: 47.71mg (11.93%), Phosphorus: 116.99mg (11.7%), Copper: 0.22mg (11.2%), Vitamin A: 514.72IU (10.29%), Potassium: 328.7mg (9.39%), Vitamin E: 1.29mg (8.58%), Zinc: 1.28mg (8.5%), Calcium: 81.76mg (8.18%), Vitamin C: 6.48mg (7.85%), Vitamin B6: 0.16mg (7.83%), Vitamin B5: 0.34mg (3.43%)