



Garlicky Stewed White Beans with Mixed Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cloves bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 30 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon coarsely ground pepper black

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup water
- ☐ 1 cup bell pepper red yellow chopped

Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add bell peppers, and cook 5 minutes or until tender, stirring frequently.
- ☐ Add garlic and crushed red pepper; cook 1 minute, stirring constantly. Stir in water, sage, beans, and tomatoes; bring to a boil. Reduce heat; simmer 10 minutes or until thick, stirring occasionally.
- ☐ Sprinkle with black pepper.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:13.6, Inflammation Score:-9, Nutrition Score:28.11521718813%

Flavonoids

Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 325.35kcal (16.27%), Fat: 4.6g (7.07%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 43.34g (15.76%), Sugar: 7.61g (8.46%), Cholesterol: 0mg (0%), Sodium: 151.66mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.79%), Vitamin C: 87.4mg (105.94%), Manganese: 1.4mg (70.21%), Fiber: 13.65g (54.6%), Iron: 8.04mg (44.67%), Folate: 172.51µg (43.13%), Potassium: 1417.19mg (40.49%), Copper: 0.72mg (36.12%), Magnesium: 138.06mg (34.52%), Vitamin A: 1544.75IU (30.89%), Vitamin E: 4.22mg (28.14%), Vitamin B6: 0.52mg (25.98%), Phosphorus: 245.43mg (24.54%), Vitamin B1: 0.32mg (21.66%), Calcium: 200.08mg (20.01%), Zinc: 2.82mg (18.8%), Vitamin K: 18.7µg (17.81%), Vitamin B2: 0.18mg (10.36%), Vitamin B3: 2.06mg (10.28%), Vitamin B5: 0.84mg (8.42%), Selenium: 4.22µg (6.02%)