



HEALTH SCORE

100%

Gigantes plaki



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN

**140 min.**

SERVINGS

**4**

CALORIES

**489 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g shell beans dried
- ☐ 3 tbsp greek extra virgin olive oil plus more to serve
- ☐ 1 onion spanish finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 2 tbsp tomato purée
- ☐ 800 g tomatoes ripe roughly chopped
- ☐ 1 tsp sugar
- ☐ 1 tsp oregano dried

- ☐ 1 pinch ground cinnamon
- ☐ 2 tbsp flat-leaf parsley chopped

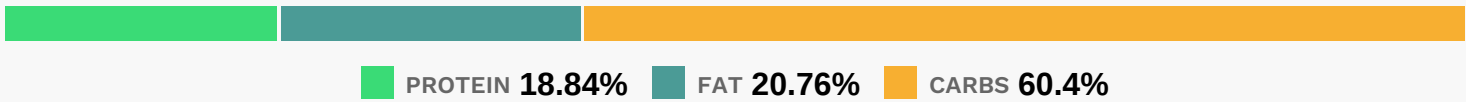
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Soak the beans overnight in plenty of water.
- ☐ Drain, rinse, then place in a pan covered with water. Bring to the boil, reduce the heat, then simmer for approx 50 mins until slightly tender but not soft.
- ☐ Drain, then set aside.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the olive oil in a large frying pan, tip in the onion and garlic, then cook over a medium heat for 10 mins until softened but not browned.
- ☐ Add the tomato pure, cook for a further min, add remaining ingredients, then simmer for 2–3 mins. Season generously, then stir in the beans. Tip into a large ovenproof dish, then bake for approximately 1 hr, uncovered and without stirring, until the beans are tender. The beans will absorb all the fabulous flavours and the sauce will thicken. Allow to cool, then scatter with parsley and drizzle with a little more olive oil to serve.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:15.79, Inflammation Score:-10, Nutrition Score:38.50434751096%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 489.14kcal (24.46%), Fat: 11.68g (17.97%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 76.46g (25.49%), Net Carbohydrates: 54.13g (19.68%), Sugar: 16.41g (18.23%), Cholesterol: 0mg (0%), Sodium: 33mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Folate: 435.11µg (108.78%), Manganese: 2.01mg (100.42%), Fiber: 22.33g (89.33%), Potassium: 2295.82mg (65.59%), Magnesium: 253.16mg (63.29%), Vitamin K: 62.5µg (59.53%), Iron: 8.62mg (47.9%), Copper: 0.9mg (45.1%), Phosphorus: 448.27mg (44.83%), Vitamin C: 33.29mg (40.35%), Vitamin B1: 0.6mg (40.07%), Vitamin A: 1875.34IU (37.51%), Vitamin B6: 0.74mg (37.01%), Vitamin E: 3.57mg (23.83%), Zinc: 3.3mg (21.98%), Vitamin B5: 1.62mg (16.23%), Vitamin B2: 0.26mg (15.29%), Vitamin B3: 2.93mg (14.66%), Calcium: 121.9mg (12.19%), Selenium: 7.64µg (10.91%)