



Italian Beans

 Dairy Free  Very Healthy

READY IN



185 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

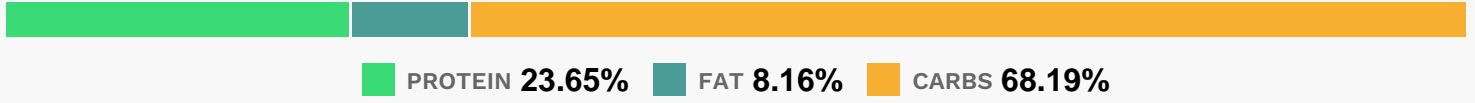
DINNER

Ingredients

- 0.5 cup beef broth
- 30 ounce garbanzo beans drained canned
- 30 ounce great northern beans drained canned
- 15 ounce beans red drained canned
- 15 ounce kidney beans white drained canned
- 1 ounce onion soup mix dry
- 1 teaspoon garlic minced prepared
- 1 teaspoon seasoning italian

Equipment

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:12.27, Inflammation Score:-7, Nutrition Score:25.692173913043%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 418.02kcal (20.9%), Fat: 3.9g (6.01%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 73.42g (24.47%), Net Carbohydrates: 52.26g (19%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 1216.63mg (52.9%), Protein: 25.46g (50.93%), Manganese: 2.21mg (110.44%), Fiber: 21.16g (84.64%), Vitamin B6: 0.97mg (48.66%), Folate: 188.31µg (47.08%), Phosphorus: 470.26mg (47.03%), Magnesium: 157.35mg (39.34%), Copper: 0.67mg (33.62%), Iron: 5.97mg (33.14%), Potassium: 1121.27mg (32.04%), Vitamin B1: 0.41mg (27.57%), Zinc: 2.85mg (18.97%), Calcium: 180.03mg (18%), Selenium: 10.67µg (15.24%), Vitamin B2: 0.22mg (12.98%), Vitamin B5: 1.05mg (10.53%), Vitamin B3: 1.78mg (8.91%), Vitamin K: 7.96µg (7.58%), Vitamin C: 3.44mg (4.17%)