



WHATSHEATE



HEALTH SCORE

90%

Italian butter beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tbsp olive oil



4 garlic clove crushed



400 g canned tomatoes chopped canned tinned



2 tsp sugar



800 g shell beans rinsed drained canned



1 small bunch basil chopped

Equipment

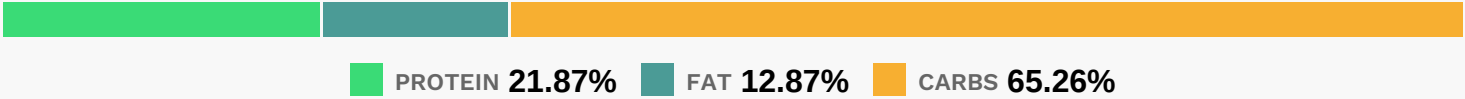


sauce pan

Directions

☐ Heat the oil in a medium saucepan. Fry the garlic for 1 min, then add the tomatoes, sugar and some seasoning. Tip in the beans and a splash of water. Cover and simmer for 5 mins, then stir in the basil and serve.

Nutrition Facts



Properties

Glycemic Index:59.9, Glycemic Load:12.55, Inflammation Score:-7, Nutrition Score:21.990000227223%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 305.95kcal (15.3%), Fat: 4.57g (7.04%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 36.19g (13.16%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 136.68mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.99%), Manganese: 1.29mg (64.41%), Fiber: 15.99g (63.98%), Folate: 180.45µg (45.11%), Potassium: 1327.01mg (37.91%), Iron: 6.22mg (34.53%), Copper: 0.67mg (33.49%), Magnesium: 108.03mg (27.01%), Vitamin B1: 0.4mg (26.91%), Phosphorus: 259.71mg (25.97%), Vitamin B6: 0.51mg (25.61%), Vitamin K: 19.76µg (18.82%), Zinc: 2.22mg (14.81%), Selenium: 10.04µg (14.35%), Vitamin E: 2.13mg (14.22%), Vitamin C: 10.5mg (12.72%), Vitamin B5: 1.14mg (11.44%), Vitamin B3: 2.1mg (10.52%), Vitamin B2: 0.17mg (9.84%), Calcium: 77.03mg (7.7%), Vitamin A: 320.77IU (6.42%)