



Italian White Beans with Turkey



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 2 cups turkey cooked
- ☐ 0.5 cup sun-dried tomatoes drained chopped in oil
- ☐ 0.3 cup olives ripe sliced
- ☐ 30 ounces great northern beans rinsed drained canned

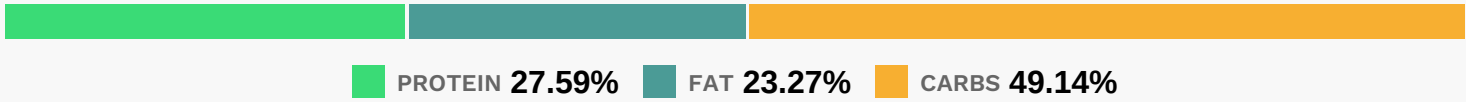
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium heat. Cook basil and garlic in oil 3 minutes, stirring frequently.
- ☐ Stir in remaining ingredients. Cook, stirring frequently, until hot.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:23.32913043188%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 387.49kcal (19.37%), Fat: 10.3g (15.85%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 37.06g (13.48%), Sugar: 0.1g (0.11%), Cholesterol: 35.78mg (11.93%), Sodium: 233.26mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.97%), Manganese: 1.05mg (52.4%), Fiber: 11.89g (47.55%), Folate: 182.24µg (45.56%), Phosphorus: 403.45mg (40.35%), Magnesium: 140.23mg (35.06%), Potassium: 1105.67mg (31.59%), Vitamin B6: 0.59mg (29.61%), Selenium: 19.93µg (28.47%), Iron: 5.09mg (28.26%), Vitamin B3: 5.35mg (26.73%), Vitamin B1: 0.36mg (23.9%), Copper: 0.48mg (23.84%), Vitamin K: 23.53µg (22.41%), Vitamin C: 17mg (20.61%), Vitamin B2: 0.29mg (16.8%), Zinc: 2.46mg (16.38%), Calcium: 152.76mg (15.28%), Vitamin B5: 1.07mg (10.75%), Vitamin B12: 0.61µg (10.11%), Vitamin E: 0.75mg (5.01%), Vitamin A: 245.32IU (4.91%)