



WHATSHEATE



HEALTH SCORE

100%

Mother's White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



30 oz beans white canned (small whites or cannellini)



0.3 cup carrots chopped



2 oz ham cooked coarsely chopped



1 clove garlic minced pressed



0.8 cup onion chopped



4 servings parsley chopped



0.7 cup vegetable broth

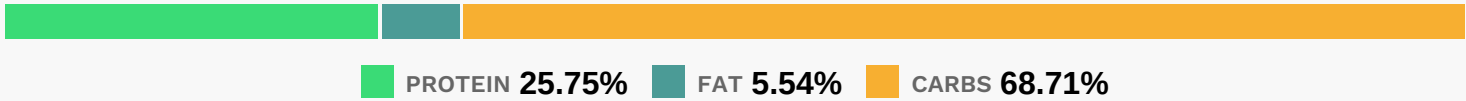
Equipment

☐ frying pan

Directions

- ☐ In a 1 1/2- to 2-quart pan, combine onion, carrot, garlic, cooked ham, and broth. Bring to a boil over high heat. Cover and simmer over medium heat until the carrot is soft to bite, about 10 minutes.
- ☐ Stir in beans and simmer, covered, over low heat until beans are hot, about 5 minutes.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:52.96, Glycemic Load:12.1, Inflammation Score:-9, Nutrition Score:23.169565221538%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 284.4kcal (14.22%), Fat: 1.79g (2.75%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 38.74g (14.09%), Sugar: 2.77g (3.08%), Cholesterol: 10.35mg (3.45%), Sodium: 341.94mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Vitamin K: 73.31µg (69.82%), Manganese: 1.17mg (58.73%), Fiber: 11.16g (44.65%), Vitamin A: 2203.03IU (44.06%), Folate: 152.46µg (38.11%), Iron: 6.83mg (37.96%), Potassium: 1108.23mg (31.66%), Magnesium: 117.88mg (29.47%), Copper: 0.53mg (26.71%), Phosphorus: 250.78mg (25.08%), Vitamin B1: 0.31mg (20.33%), Zinc: 2.83mg (18.84%), Calcium: 173.36mg (17.34%), Vitamin C: 11.71mg (14.19%), Vitamin B6: 0.26mg (12.97%), Vitamin E: 1.79mg (11.91%), Selenium: 6.48µg (9.26%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.6mg (6.04%), Vitamin B3: 0.94mg (4.71%), Vitamin B12: 0.2µg (3.33%)