



Red White Beans



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce .5 can cannellini beans drained canned
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion medium to large chopped
- ☐ 2 sprigs rosemary finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup tomato paste

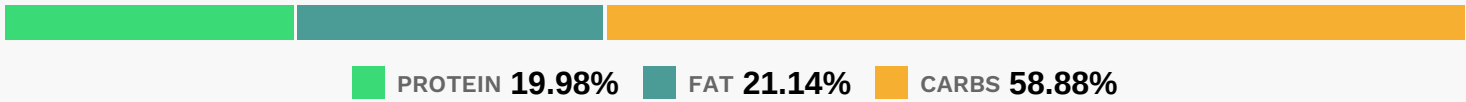
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the extra-virgin olive oil in a skillet over medium heat.
- ☐ Add the onions, rosemary and salt and pepper, to taste. Cook the onions until sweet and soft, 8 to 10 minutes. Stir in the tomato paste for 1 minute.
- ☐ Add the stock, then stir in the beans and reduce heat to low. Adjust seasoning and turn out into a serving bowl. Keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:8.33, Inflammation Score:-6, Nutrition Score:12.841739167338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 233.89kcal (11.69%), Fat: 5.64g (8.67%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 27.72g (10.08%), Sugar: 3.15g (3.5%), Cholesterol: 1.2mg (0.4%), Sodium: 151.39mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Manganese: 0.8mg (40%), Fiber: 7.6g (30.41%), Iron: 4.73mg (26.29%), Folate: 99.05µg (24.76%), Potassium: 824.69mg (23.56%), Magnesium: 80.55mg (20.14%), Copper: 0.4mg (19.95%), Phosphorus: 154.35mg (15.43%), Vitamin E: 2.28mg (15.19%), Zinc: 1.75mg (11.64%), Calcium: 113.74mg (11.37%), Vitamin B1: 0.17mg (11.02%), Vitamin B6: 0.18mg (8.86%), Vitamin K: 8.48µg (8.08%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.15mg (5.75%), Selenium: 3.82µg (5.46%), Vitamin C: 3.85mg (4.66%), Vitamin A: 169.64IU (3.39%), Vitamin B5: 0.3mg (3.02%)