



Sauteed Cannellini Beans



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette toasted sliced for serving
- ☐ 0.5 bell pepper sweet finely chopped
- ☐ 3 cups .5 can cannellini beans cooked
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon herbs de provence
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 medium onion diced
- ☐ 0.5 cup vegetable stock

☐

0.3 cup white wine

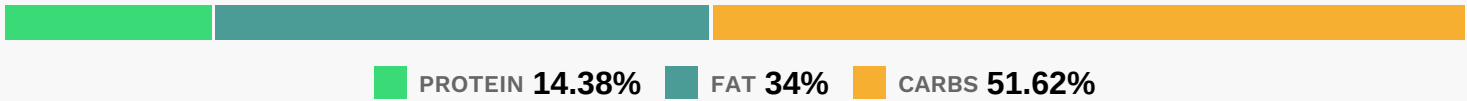
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium saute pan, cook the bell peppers and onions in 2 tablespoons olive oil until soft, 5 to 7 minutes.
- ☐ Add the garlic and cook until fragrant, another 2 minutes. Deglaze the pan with white wine and allow to boil for 1 to 2 minutes.
- ☐ Add the stock, herbs de provence, and beans and simmer for 20 minutes.
- ☐ Pour into shallow bowls and drizzle with the remaining olive oil.
- ☐ Serve with bread slices.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:11.15, Inflammation Score:-6, Nutrition Score:9.2347826854042%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 11.44g (17.6%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 31.32g (11.39%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 601.76mg (26.16%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 10.88g (21.77%), Fiber: 7.76g (31.03%), Iron: 4.5mg

(25.03%), Vitamin C: 20.65mg (25.03%), Vitamin B1: 0.2mg (13.42%), Calcium: 126.46mg (12.65%), Vitamin E: 1.86mg (12.4%), Manganese: 0.24mg (12.08%), Vitamin K: 12.41µg (11.82%), Folate: 43.77µg (10.94%), Vitamin A: 538.22IU (10.76%), Selenium: 5.7µg (8.14%), Vitamin B3: 1.62mg (8.1%), Vitamin B2: 0.12mg (7.15%), Vitamin B6: 0.12mg (5.99%), Phosphorus: 43.04mg (4.3%), Magnesium: 13.71mg (3.43%), Potassium: 109.02mg (3.11%), Copper: 0.05mg (2.65%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.2mg (1.98%)