



Sauteed Navy Beans and Artichokes

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce navy beans drained and rinsed canned
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper red
- 14 ounce marinated artichoke drained quartered canned
- 6 tablespoons olive oil
- 0.3 cup pecorino cheese grated
- 4 servings salt to taste

Equipment

frying pan

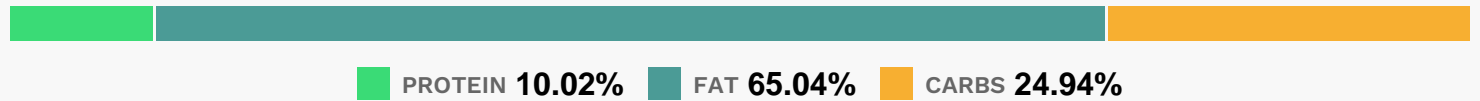
Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic, season with red pepper, and cook about 1 minute.

Mix in beans, and continue to cook and stir until slightly crisp.

Mix in artichoke hearts, and cook 2 minutes. Season with freshly ground black pepper and salt. Top with Romano cheese to serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:12.67608692659%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 442.76kcal (22.14%), Fat: 32.13g (49.43%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 20.16g (7.33%), Sugar: 1.38g (1.53%), Cholesterol: 6.5mg (2.17%), Sodium: 1122.91mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.27%), Fiber: 7.57g (30.28%), Vitamin C: 22.24mg (26.96%), Vitamin E: 3.95mg (26.31%), Manganese: 0.46mg (23.12%), Vitamin A: 1123.7IU (22.47%), Phosphorus: 193.38mg (19.34%), Folate: 66.7µg (16.68%), Iron: 2.92mg (16.21%), Vitamin K: 16.5µg (15.71%), Calcium: 140.83mg (14.08%), Magnesium: 53.72mg (13.43%), Copper: 0.23mg (11.59%), Selenium: 7.32µg (10.46%), Vitamin B1: 0.16mg (10.42%), Potassium: 326.17mg (9.32%), Vitamin B6: 0.14mg (7.01%), Zinc: 1.01mg (6.71%), Vitamin B2: 0.09mg (5.06%), Vitamin B3: 0.56mg (2.79%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.07µg (1.17%)