



WHATSheATE



HEALTH SCORE

100%

Slow-Cooker Tuscan Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



200 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound cannellini beans dried picked over rinsed



1 sprig sage fresh



6 cloves garlic crushed



6 teaspoons olive oil extra virgin extra-virgin



6 servings salt and pepper

Equipment



bowl

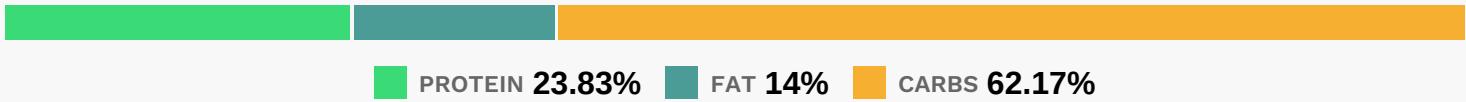


slow cooker

Directions

- ☐ Combine beans, garlic, sage, 1 tsp. salt and 8 cups water in slow cooker. Cover; cook on high until beans are tender, about 3 hours and 15 minutes.
- ☐ Drain mixture; discard garlic and sage. Season with salt and pepper. Spoon into bowls; drizzle each portion with 1 tsp. olive oil.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:21.566087267078%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 291.67kcal (14.58%), Fat: 4.66g (7.17%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 35.01g (12.73%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 206.48mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.71%), Folate: 293.41µg (73.35%), Manganese: 1.42mg (70.76%), Copper: 0.96mg (47.9%), Fiber: 11.56g (46.24%), Iron: 7.98mg (44.31%), Potassium: 1369.4mg (39.13%), Magnesium: 144.51mg (36.13%), Phosphorus: 232.17mg (23.22%), Vitamin B1: 0.34mg (22.44%), Calcium: 187.47mg (18.75%), Zinc: 2.81mg (18.74%), Selenium: 10.1µg (14.43%), Vitamin B6: 0.28mg (13.88%), Vitamin B2: 0.11mg (6.69%), Vitamin K: 6.69µg (6.37%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.74mg (4.91%), Vitamin B3: 0.38mg (1.92%), Vitamin C: 0.94mg (1.13%)