



HEALTH SCORE

100%

Slow-Cooker White Beans with Sun-Dried Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



310 min.

SERVINGS



1

CALORIES



1560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 teaspoons basil dried



2 cups great northern beans dried rinsed



2 garlic clove finely chopped



0.8 cup sun-dried olives finely chopped



2.3 ounces olives ripe drained sliced canned



0.3 teaspoon pepper



1 teaspoon salt

☐ 6 cups water

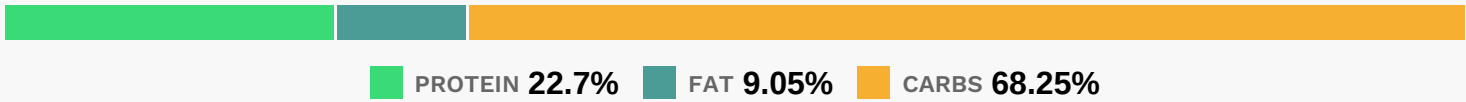
Equipment

☐ slow cooker

Directions

- ☐ Mix all ingredients together except tomatoes and olives in 3 1/2- to 6-quart slow cooker.
- ☐ Cover and cook on high heat setting 4 to 5 hours or until beans are tender.
- ☐ Stir in tomatoes and olives. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:70.815652100936%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1559.77kcal (77.99%), Fat: 16.49g (25.37%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 279.78g (93.26%), Net Carbohydrates: 192.78g (70.1%), Sugar: 39.72g (44.14%), Cholesterol: 0mg (0%), Sodium: 3533.3mg (153.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.08g (186.15%), Folate: 1827.05µg (456.76%), Manganese: 7.05mg (352.41%), Fiber: 87g (348.01%), Copper: 4.6mg (229.82%), Potassium: 8003.6mg (228.67%), Magnesium: 886.08mg (221.52%), Phosphorus: 1946.35mg (194.64%), Vitamin B1: 2.85mg (190.18%), Iron: 29.35mg (163.05%), Vitamin B6: 2.03mg (101.28%), Calcium: 855.12mg (85.51%), Vitamin K: 84.97µg (80.92%), Vitamin B2: 1.3mg (76.52%), Selenium: 53.25µg (76.08%), Vitamin B3: 14.89mg (74.47%), Zinc: 10.45mg (69.68%), Vitamin C: 53.62mg (65%), Vitamin B5: 5.81mg (58.1%), Vitamin E: 3.41mg (22.76%), Vitamin A: 986.17IU (19.72%)