



Spinach and Bean Casserole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup black-eyed peas dry
- 28 ounce canned tomatoes diced peeled canned
- 1 teaspoon fennel seed
- 0.3 cup olive oil
- 1 onion chopped
- 2 teaspoons salt
- 3 cups pkt spinach fresh

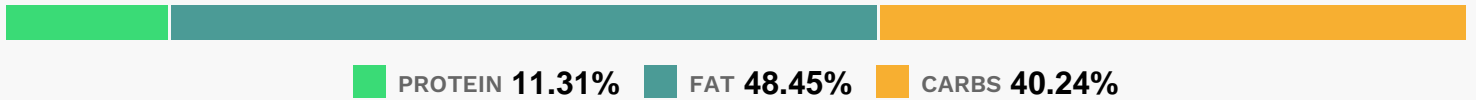
Equipment

- sauce pan
- oven
- casserole dish
- pressure cooker

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook black-eye peas in a pressure cooker for 12 minutes.
- Heat oil in a large saucepan over medium high heat.
- Saute onion with spinach, tomatoes, salt and fennel for 15 minutes.
- Combine beans with spinach mixture in a 2 quart casserole dish.
- Bake in preheated oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:7.25, Inflammation Score:-9, Nutrition Score:23.416086995083%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 250.62kcal (12.53%), Fat: 14.47g (22.27%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 19.31g (7.02%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 1445.99mg (62.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin K: 128.16µg (122.06%), Vitamin A: 2544.16IU (50.88%), Manganese: 0.84mg (42.02%), Folate: 164.11µg (41.03%), Vitamin E: 5.01mg (33.38%), Vitamin C: 26.89mg (32.6%), Fiber: 7.73g (30.91%), Copper: 0.52mg (26.23%), Iron: 4.5mg (25.03%), Potassium: 875.53mg (25.02%), Magnesium: 84.96mg (21.24%), Vitamin B6: 0.42mg (20.99%), Vitamin B1: 0.27mg (17.86%), Phosphorus: 152.02mg (15.2%), Vitamin B3: 2.86mg (14.31%), Calcium: 113.23mg (11.32%), Vitamin B2: 0.18mg (10.5%), Zinc: 1.28mg

(8.52%), Vitamin B5: 0.78mg (7.77%), Selenium: 2.63µg (3.76%)