



Warm White Beans with Roasted Fennel



Gluten Free



Very Healthy

READY IN



34 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 31.6 ounce cannellini beans rinsed drained canned
- ☐ 4 cups fennel bulb thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons olive oil divided
- ☐ 3 tablespoons parmigiano-reggiano cheese grated

☐ 0.5 teaspoon salt divided

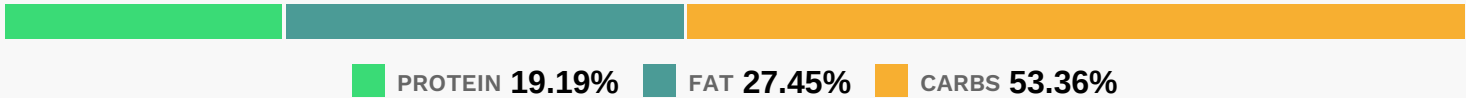
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine fennel, 1 tablespoon oil, 1/2 teaspoon black pepper, 1/4 teaspoon salt, red pepper, and garlic in a large bowl; toss to coat fennel. Arrange fennel mixture in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 15 minutes or until fennel begins to brown. Stir; sprinkle cheese evenly over fennel mixture.
- ☐ Bake an additional 5 minutes or until golden brown.
- ☐ Heat a large nonstick skillet over medium heat; add the remaining 2 tablespoons oil.
- ☐ Add beans; cook 2 minutes or until heated.
- ☐ Add fennel mixture, spinach, the remaining 1/4 teaspoon black pepper, and remaining 1/4 teaspoon salt. Cook 2 minutes; serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:17.227826323036%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 6.34g (9.75%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 20.48g (7.45%), Sugar: 1.8g (2%), Cholesterol: 1.27mg (0.43%), Sodium: 214.62mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin K: 103.33µg (98.41%), Manganese: 0.71mg (35.65%), Folate: 131.8µg (32.95%), Vitamin A: 1506.58IU (30.13%), Fiber: 7.25g (28.98%), Phosphorus: 196.03mg (19.6%), Magnesium: 77.79mg (19.45%), Potassium: 665.41mg (19.01%), Iron: 2.56mg (14.24%), Vitamin C: 11.17mg (13.54%), Calcium: 120.14mg (12.01%), Vitamin B1: 0.18mg (11.92%), Copper: 0.23mg (11.65%), Vitamin B6: 0.18mg (9.07%), Vitamin E: 1.34mg (8.92%), Selenium: 5.59µg (7.98%), Vitamin B2: 0.12mg (6.91%), Zinc: 0.96mg (6.39%), Vitamin B3: 0.92mg (4.61%), Vitamin B5: 0.44mg (4.38%)