



HEALTH SCORE

**100%**

## White Bean and Garlic Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**260 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 6 cups great northern beans rinsed drained canned
- 14 ounce canned tomatoes diced canned
- 3 carrots peeled chopped
- 0.5 cup parsley fresh
- 1 tablespoon juice of lemon
- 1 teaspoon salt to taste (or )

- 1 cup water
- 1 head garlic clove whole (the bulb-15-20 cloves)
- 2 medium onion yellow chopped

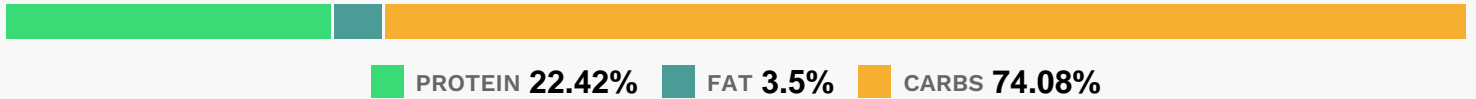
## Equipment

- pot

## Directions

- Add the onion and sauté until it turns a rich, medium-brown, about 5 minutes.
- Add the garlic and carrots and sauté for 1 more minute.
- Add the beans, tomatoes, bay leaves, and water. Cover the pot and simmer for about an hour, adding water if it gets too thick. Stir in the salt and pepper. If you're serving the stew right away, add all the parsley and the lemon juice. If you're serving it later or at room temperature, add the parsley and lemon juice right before serving.
- Serve over brown rice.

## Nutrition Facts



## Properties

Glycemic Index:34.31, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:26.433043645776%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 259.74kcal (12.99%), Fat: 1.06g (1.63%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 38.78g (14.1%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 510.1mg (22.18%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin A: 5662.57IU (113.25%), Vitamin K: 89.89µg (85.61%), Manganese: 1.03mg (51.74%), Fiber: 11.71g (46.83%), Folate: 173.05µg (43.26%), Phosphorus: 293.61mg (29.36%), Potassium: 1016.57mg (29.04%), Magnesium: 115.23mg (28.81%), Vitamin C: 21.99mg (26.65%), Vitamin B1: 0.35mg (23.6%), Iron: 4.22mg (23.47%), Copper: 0.46mg (23.1%), Vitamin B6: 0.44mg (21.86%), Calcium: 152.37mg (15.24%), Selenium: 8.54µg (12.21%), Zinc: 1.58mg (10.54%), Vitamin B2: 0.18mg (10.52%), Vitamin B3: 2.07mg (10.34%), Vitamin B5: 0.86mg (8.57%), Vitamin E: 1.08mg (7.21%)