



WHATSheATE



HEALTH SCORE

100%

White Beans Oreganata



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



98 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 ounce baby spinach fresh



1 bay leaf



0.5 teaspoon pepper black freshly ground



0.5 cup celery thinly sliced



16 ounce cannellini beans dried



0.3 cup parsley fresh chopped



4 garlic cloves minced



2 tablespoons olive oil divided

- ☐ 2 cups onion chopped
- ☐ 0.3 cup oregano fresh chopped
- ☐ 6 plum tomatoes seeded chopped
- ☐ 2 teaspoons salt divided
- ☐ 6 cups water

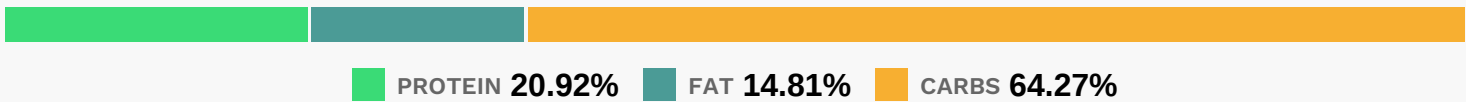
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Combine beans, 6 cups water, and next 4 ingredients in Dutch oven. Bring to a boil; cover, reduce heat, and simmer 70 to 80 minutes or until beans are tender. Discard bay leaf. Stir in spinach, oregano, parsley, 1 1/2 teaspoons salt, and pepper; cook 2 minutes or until spinach wilts.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 1 minute or until lightly browned. Stir in tomato and 1/2 teaspoon salt; saut 2 minutes or until thoroughly heated. Gently stir tomato mixture into bean mixture.
- ☐ Ladle oreganata into bowls; drizzle servings evenly with 1 tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:28.766086868618%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 260.53kcal (13.03%), Fat: 4.46g (6.87%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 29.58g (10.76%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 625.73mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.39%), Vitamin K: 154.19µg (146.85%), Folate: 337.88µg (84.47%), Manganese: 1.23mg (61.5%), Fiber: 14.03g (56.1%), Vitamin A: 2595.3IU (51.91%), Magnesium: 141.15mg (35.29%), Potassium: 1127.26mg (32.21%), Copper: 0.59mg (29.74%), Phosphorus: 293.95mg (29.4%), Vitamin B1: 0.43mg (28.74%), Vitamin C: 21.51mg (26.07%), Iron: 4.64mg (25.75%), Vitamin B6: 0.42mg (21.07%), Calcium: 172.28mg (17.23%), Vitamin B2: 0.21mg (12.32%), Selenium: 8.04µg (11.49%), Zinc: 1.68mg (11.18%), Vitamin E: 1.63mg (10.85%), Vitamin B3: 1.71mg (8.56%), Vitamin B5: 0.77mg (7.74%)