



White Beans with Broccoli Rabe and Lemon



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy packed in oil
- ☐ 0.5 bunch broccoli rabe chopped
- ☐ 30 ounce .5 can cannellini beans white rinsed canned (kidney)
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 4 garlic cloves thinly sliced
- ☐ 4 servings kosher salt freshly ground
- ☐ 1 small optional: lemon seeds removed very thinly sliced
- ☐ 3 tablespoons olive oil

☐ 2 tablespoons parmesan finely grated plus more for serving

Equipment

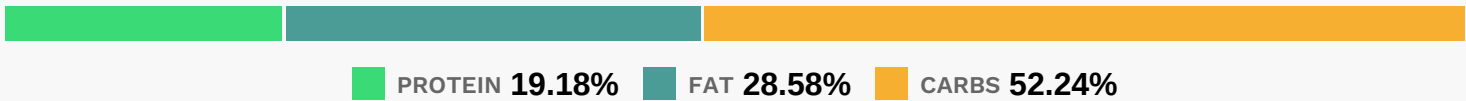
☐ pot

☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven or heavy pot over medium heat.
- ☐ Add lemon, anchovies, and garlic. Cook, stirring occasionally, until lemon is softened and brown in spots and anchovies fall apart, about 5 minutes.
- ☐ Add broccoli rabe; season with salt and pepper and cook, tossing occasionally, until bright green and crisp-tender, about 5 minutes.
- ☐ Add beans and 1/2 cup water to pot. Bring to a boil; reduce heat and simmer, stirring occasionally, until flavors have melded and liquid is reduced by half (you still want it to be saucy), about 5 minutes.
- ☐ Mix in parsley and 2 tablespoons Parmesan.
- ☐ Transfer to a platter, sprinkle with red pepper flakes, if desired, and top with more Parmesan.
- ☐ Per serving: 320 calories, 13 g fat, 9 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:11.66, Inflammation Score:-9, Nutrition Score:26.49695678444%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 369.09kcal (18.45%), Fat: 12.16g (18.7%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 37.95g (13.8%), Sugar: 1.51g (1.68%), Cholesterol: 2.9mg (0.97%), Sodium: 67.56mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.71%), Vitamin K: 199.03µg (189.55%), Manganese: 1.29mg (64.58%), Fiber: 12.06g (48.24%), Folate: 176.48µg (44.12%), Iron: 7.79mg (43.3%), Vitamin C: 30.93mg (37.49%), Potassium: 1122.91mg (32.08%), Magnesium: 123.4mg (30.85%), Vitamin A: 1399.8IU (28%), Copper: 0.54mg (27.08%), Vitamin E: 3.77mg (25.11%), Phosphorus: 248.36mg (24.84%), Calcium: 241.61mg (24.16%), Zinc: 2.83mg (18.9%), Vitamin B1: 0.28mg (18.35%), Vitamin B6: 0.28mg (13.94%), Vitamin B2: 0.14mg (8.52%), Selenium: 5.52µg (7.89%), Vitamin B5: 0.61mg (6.09%), Vitamin B3: 1.02mg (5.1%)