



White Beans with Prosciutto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 2 teaspoons garlic fresh minced
- ☐ 3 tablespoons lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil extra-virgin

☐ 0.3 cup pancetta thinly sliced chopped

☐ 0.3 cup onion red finely chopped

Equipment

☐ bowl

☐ frying pan

☐ whisk

☐ dutch oven

Directions

☐ Heat a large skillet over medium heat.

☐ Add oil to pan; swirl to coat.

☐ Add onion; saut 2 minutes.

☐ Add garlic and rosemary; saut 30 seconds.

☐ Add wine; cook until liquid evaporates.

☐ Add broth, pepper, and beans; cook for 3 minutes or until beans are thoroughly heated. Stir in parsley and prosciutto.

☐ Heat oil in a Dutch oven over medium-high heat. Gradually add a (1-pound) bag of chopped escarole, and cook 1 minute.

☐ Add 1/4 cup water; cover. Cook for 30 seconds, and uncover.

☐ Add 4 teaspoons garlic, 1/2 teaspoon crushed red pepper, 1/4 teaspoon salt, and beans. Cook for 2 minutes.

☐ Add 1 teaspoon grated lemon rind, 2 teaspoons lemon juice, and black pepper.

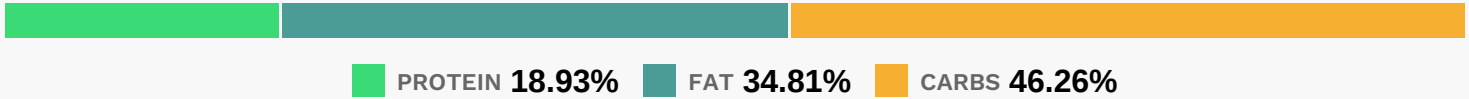
☐ Serves 6 (serving size: about 2/3 cup). CALORIES 62; FAT 7g (sat 3g,); SODIUM 226mg

☐ Combine 2 tablespoons lemon juice, 2 teaspoons extra-virgin olive oil, 1/2 teaspoon garlic, 1/4 teaspoon Dijon mustard, 1/8 teaspoon black pepper, and 1/8 teaspoon sugar in a large bowl, stirring with a whisk.

☐ Add 1/4 cup red onion, parsley, and cannellini beans; toss gently to coat. Top with 2 tablespoons shaved fresh Parmigiano-Reggiano cheese.

☐ Serves 4 (serving size: 1/2 cup). CALORIES 86; FAT 3g (sat 8g,); SODIUM 194mg

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:5.81, Inflammation Score:-5, Nutrition Score:11.065217531246%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 8.22g (12.64%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 19.16g (6.97%), Sugar: 0.84g (0.93%), Cholesterol: 9.76mg (3.25%), Sodium: 125.75mg (5.47%), Alcohol: 0.77g (100%), Alcohol %: 0.63% (100%), Protein: 10.05g (20.11%), Vitamin K: 37.39µg (35.61%), Manganese: 0.62mg (30.76%), Fiber: 5.4g (21.62%), Iron: 3.45mg (19.19%), Folate: 74.2µg (18.55%), Potassium: 572.89mg (16.37%), Magnesium: 59.34mg (14.84%), Copper: 0.27mg (13.31%), Phosphorus: 125.95mg (12.59%), Vitamin B1: 0.15mg (10.18%), Zinc: 1.43mg (9.54%), Calcium: 87.41mg (8.74%), Vitamin E: 1.21mg (8.07%), Vitamin B6: 0.16mg (7.78%), Selenium: 4.95µg (7.07%), Vitamin C: 3.87mg (4.69%), Vitamin B3: 0.77mg (3.86%), Vitamin A: 175.34IU (3.51%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.07µg (1.23%)