



WHATSheATE



HEALTH SCORE

89%

White Beans with Roasted Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients



0.3 cup basil fresh



1 lb cherry tomatoes mixed (preferably colors; 4 cups)



1 lb onion boiling unpeeled (left)



2 cups cannellini beans dried picked over rinsed



0.5 cup olive oil extra virgin extra-virgin



1 teaspoon sea salt (preferably sea salt)



1 teaspoon sugar



2 lb tomatoes cored halved

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander

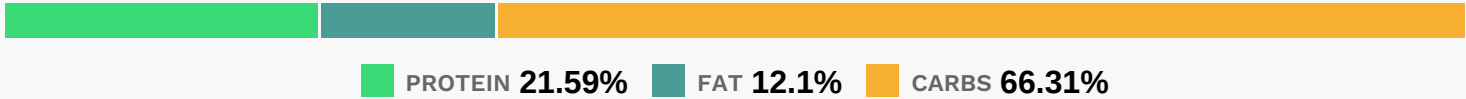
Directions

- ☐ Cover beans with cold water by 2 inches in a bowl and soak at room temperature at least 8 hours or quick-soak (see cooks' note, below).
- ☐ Drain well in a colander.
- ☐ Blanch onions in boiling salted water, 1 minute, then drain and peel.
- ☐ Cover beans with cold water by about 1 inch in a 5- to 6-quart pot and bring to a boil.
- ☐ Add onions and simmer, partially covered, skimming froth as necessary, until beans and onions are tender, 40 minutes to 1 hour. Stir in salt and let stand (in cooking liquid), uncovered.
- ☐ Put oven rack in upper third of oven and preheat oven to 500°F.
- ☐ Toss tomato halves and cherry tomatoes with salt, sugar, and oil in a shallow 3-quart baking dish, then arrange tomato halves cut sides up. Roast tomatoes, uncovered, until large tomatoes are very tender with brown patches and cherry tomatoes are falling apart, 35 to 50 minutes.
- ☐ Transfer warm beans and onions with a slotted spoon to a deep large platter. Arrange tomatoes decoratively on top of beans and pour tomato juices on top.
- ☐ Sprinkle with basil leaves.
- ☐ • Beans can be cooked 1 day ahead. Cool in liquid, uncovered, then chill, covered. Reheat in liquid over low heat, covered, stirring occasionally, before assembling dish. • To quick-soak beans, cover dried beans with triple their volume of cold water in a large saucepan. Bring to a

boil and cook, uncovered, over moderate heat 2 minutes.

- ☐
- Remove from heat and soak beans 1 hour. • Tomatoes can be roasted 2 hours ahead and kept, uncovered, at room temperature. Reheat, covered with foil, in 350°F oven until heated through, 15 to 20 minutes.*Available at Italian markets and specialty produce markets.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:21.993043401967%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg

Nutrients (% of daily need)

Calories: 247.43kcal (12.37%), Fat: 3.48g (5.36%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 32.53g (11.83%), Sugar: 8.36g (9.29%), Cholesterol: 0mg (0%), Sodium: 313.03mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Manganese: 1.18mg (58.92%), Folate: 231.6µg (57.9%), Fiber: 10.41g (41.64%), Vitamin C: 32.79mg (39.75%), Potassium: 1383.92mg (39.54%), Iron: 6.12mg (34.03%), Copper: 0.63mg (31.58%), Magnesium: 119.68mg (29.92%), Vitamin A: 1262.56IU (25.25%), Phosphorus: 211.96mg (21.2%), Vitamin B1: 0.31mg (20.63%), Vitamin B6: 0.37mg (18.27%), Vitamin K: 18.34µg (17.47%), Calcium: 153.36mg (15.34%), Zinc: 2.23mg (14.86%), Selenium: 7.04µg (10.05%), Vitamin E: 1.44mg (9.61%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.29mg (6.45%), Vitamin B5: 0.62mg (6.15%)