



Zucchini-Cannellini Toss

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup slivered basil fresh
- 30 ounce .5 can cannellini beans drained canned
- 2 cups couscous hot cooked
- 2 tablespoons cooking wine dry white
- 1 large clove garlic minced
- 2 tablespoons oregano fresh chopped
- 3 tablespoons parmigiano reggiano cheese freshly grated
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 2 pounds zucchini cut into 2- x 1/2-inch strips

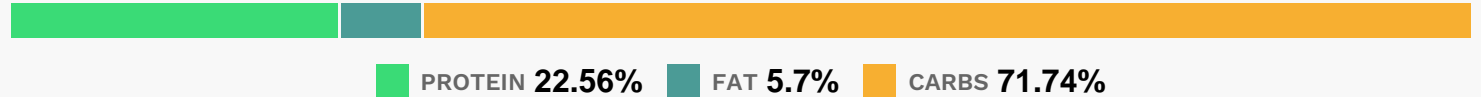
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- Add zucchini; saute 4 minutes or until lightly browned, stirring frequently.
- Add garlic, and saute 1 minute.
- Add wine; cook 2 minutes.
- Add beans, salt, and pepper. Reduce heat to medium, and cook 4 minutes or until thoroughly heated.
- Add basil and oregano; toss. Spoon evenly over couscous; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:22.86, Inflammation Score:-10, Nutrition Score:31.125217225241%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 398.3kcal (19.92%), Fat: 2.57g (3.95%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 58.05g (21.11%), Sugar: 6.59g (7.32%), Cholesterol: 2.55mg (0.85%), Sodium: 239.38mg (10.41%), Alcohol: 0.77g (100%), Alcohol %: 0.18% (100%), Protein: 22.88g (45.75%), Manganese: 1.75mg (87.6%), Fiber: 14.71g (58.86%), Folate: 212.75µg (53.19%), Vitamin C: 41.43mg (50.22%), Iron: 8.58mg (47.67%), Potassium: 1655.76mg (47.31%), Vitamin K: 44.2µg (42.09%), Magnesium: 166.91mg (41.73%), Selenium: 26.53µg (37.89%), Copper: 0.68mg

(33.89%), Phosphorus: 330.94mg (33.09%), Vitamin B6: 0.62mg (30.83%), Calcium: 289.82mg (28.98%), Vitamin B1: 0.36mg (24.3%), Zinc: 3.52mg (23.5%), Vitamin B2: 0.34mg (20.18%), Vitamin E: 2.54mg (16.96%), Vitamin A: 684.06IU (13.68%), Vitamin B5: 1.2mg (12.02%), Vitamin B3: 2.2mg (11.01%)