

# Marinated Cannellini Beans

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## Servings: 12

*1/4 cup extra-virgin olive oil  
3 tablespoons white balsamic vinegar  
2 tablespoons fresh Italian parsley  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon cracked black pepper  
2 cans (15.5 ounces ea) cannellini beans, rinsed and drained*

## Preparation Time: 10 minutes

## Stand Time: 30 minutes

In a large bowl, whisk together the olive oil, vinegar, parsley, garlic, salt and pepper.

Add the beans. Toss to coat.

Cover and let stand for 30 minutes to develop the flavors before serving.

Per Serving (excluding unknown items): 153 Calories; 5g Fat (27.5% calories from fat); 8g Protein; 21g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	153
% Calories from Fat:	27.5%
% Calories from Carbohydrates:	52.3%
% Calories from Protein:	20.2%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	21g
Dietary Fiber (g):	5g
Protein (g):	8g
Sodium (mg):	95mg
Potassium (mg):	611mg
Calcium (mg):	84mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	132mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 4mg  
Zinc (mg): 1mg  
Vitamin C (mg): 1mg  
Vitamin A (i.u.): 33IU  
Vitamin A (r.e.): 3 1/2RE

Fat: 1  
Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

Calories 153      Calories from Fat: 42

### % Daily Values\*

**Total Fat** 5g 7%  
Saturated Fat 1g 3%  
**Cholesterol** 0mg 0%  
**Sodium** 95mg 4%  
**Total Carbohydrates** 21g 7%  
Dietary Fiber 5g 21%  
**Protein** 8g

**Vitamin A** 1%  
**Vitamin C** 2%  
**Calcium** 8%  
**Iron** 20%

\* Percent Daily Values are based on a 2000 calorie diet.