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Vegan Spanish Beans with Tomatoes ♦

Vegan Spanish Beans with Tomatoes is a traditional Spanish dish made with beans and tomatoes. It is a popular vegan option that is packed with flavor and nutrients. The dish is usually served as a main course and can be enjoyed with bread or rice.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	White Beans
400 g	Tomatoes
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
1 tsp	paprika
1 tsp	cumin
1 tsp	salt
0.5 tsp	black pepper
20 g	fresh parsley

Directions

Step 1

Soak the white beans in water overnight.

Prep Time: 127 mins

Cook Time: 0 mins

Step 2

Drain and rinse the soaked beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic. Cook until onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the soaked and rinsed beans to the pot. Stir in chopped tomatoes, paprika, cumin, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Stove

Cover the pot and simmer for 15-20 minutes, or until the beans are tender.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Garnish with fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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