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Fagioli-on-Toast ♦

Fagioli-on-Toast is a delicious vegetarian recipe that originated in Italy. It is typically consumed as a light lunch or snack. The dish consists of a flavorful bean mixture served on top of toasted bread. The beans are cooked with aromatic herbs and spices, creating a rich and savory flavor. The dish is topped with a drizzle of olive oil and a sprinkle of fresh herbs for added freshness. Fagioli-on-Toast is a hearty and satisfying recipe that is perfect for vegetarians and anyone looking for a nutritious and delicious meal.

Recipe Type: Vegetarian

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

| | |
|---------------------|------------------|
| 400 g | Cannellini Beans |
| 3 cloves | garlic |
| 2 tbsp | olive oil |

| | |
|-----------------|----------------|
| 1 tsp | fresh rosemary |
| 1 tsp | fresh thyme |
| 1 tsp | Salt |
| 0.5 tsp | Black pepper |
| 8 pieces | bread slices |
| 2 tbsp | fresh parsley |

Directions

Step 1

Rinse and drain the cannellini beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add the cannellini beans, rosemary, thyme, salt, and black pepper to the pan. Cook for 10 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Toasting

Toast the bread slices until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Place a generous amount of the bean mixture on top of each toasted bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Drizzle with olive oil and sprinkle with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 190 kcal

Fat: 6 g

Protein: 9 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 9 g | 52.94% | 52.94% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 26 g | 47.27% | 52% |
| Fibers | 6 g | 15.79% | 24% |
| Sugars | 1 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 3 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 | 0 iu | 0% | 0% |
| Vitamin C | 2 mg | 2.22% | 2.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 430 mg | 18.7% | 18.7% |
| Calcium | 6 mg | 0.6% | 0.6% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 8 mg | 0.24% | 0.31% |
| Zinc | 8 mg | 72.73% | 100% |
| Selenium | 6 mcg | 10.91% | 10.91% |

Recipe Attributes

Cuisines

Italian Mediterranean Middle Eastern

Course

Salads Snacks Desserts Breads Appetizers

Diet

Anti-Inflammatory Diet

Kitchen Tools

Blender Mixer Oven Grill

Nutritional Content

Low Calorie Low Fat High Fiber High Vitamin C High Calcium

Cultural

Diwali Passover

Meal Type

Brunch Snack Lunch

Difficulty Level

Medium

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