

# White Beans and Cabbage

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-white-beans-recipe>

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 potato medium, scrubbed and cut into tiny dice
- 4 sprigs fresh thyme or 1/2 teaspoon dried thyme
- 1/2 onion minced
- 15 ounces white beans rinsed and drained
- 3 cups green cabbage very finely shredded
- fine grain sea salt

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 5 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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