

Italian Lupini Beans #SundaySupper

Yield: 14 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lupini-beans-recipe>

Ingredients:

- 14 ounces beans dry Lupini
- water lots of
- 2 tablespoons kosher salt
- parsley optional for garnish

Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 2 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 1030 milligrams
6. Sugar: 1 grams

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