



Armenian Bean and Walnut Pate

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon basil leaves chopped
- 1 bay leaf
- 4 tablespoons butter
- 1 tablespoon freshly dill chopped
- 1 tablespoon freshly flat-leaf parsley chopped
- 0.5 teaspoon garlic chopped
- 0.3 cup pomegranate seeds plus more for garnish
- 1 cup kidney beans dark red rinsed well

- 8 servings salt and pepper black freshly ground
- 0.8 cup walnuts lightly toasted
- 8 servings walnuts toasted for garnish
- 2 cups water
- 0.3 onion white minced

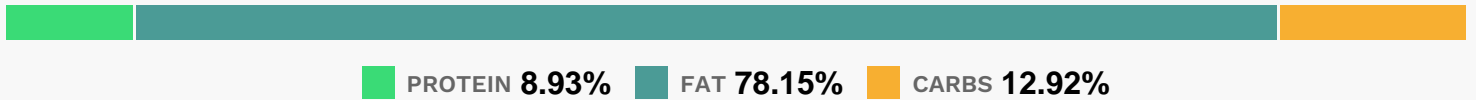
Equipment

- food processor
- baking sheet
- plastic wrap

Directions

- Bring beans and water to a boil with onion and bay leaf. Simmer until tender.
- Drain well and discard bay leaf. In a food processor fitted with a metal blade, puree with walnuts, butter, chopped garlic, salt and pepper, to taste, until smooth and creamy.
- Mix chopped herbs together and blend half of them into the beans.
- Season well and spread onto a small baking sheet, lined with plastic wrap. Cool completely.
- Sprinkle generously with pomegranate seeds and remaining fresh herbs then roll into logs, using the plastic wrap to help roll. Wrap tightly and chill again.
- Slice and garnish with walnuts and pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:12.433478529687%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 352.68kcal (17.63%), Fat: 32.57g (50.11%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 7.42g (2.7%), Sugar: 2g (2.22%), Cholesterol: 15.05mg (5.02%), Sodium: 49.9mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Manganese: 1.54mg (76.8%), Copper: 0.73mg (36.38%), Magnesium: 77.05mg (19.26%), Fiber: 4.7g (18.8%), Folate: 72.77µg (18.19%), Phosphorus: 178.61mg (17.86%), Vitamin K: 13.71µg (13.06%), Vitamin B6: 0.26mg (12.92%), Vitamin B1: 0.18mg (12.1%), Iron: 1.93mg (10.71%), Zinc: 1.55mg (10.34%), Potassium: 294.65mg (8.42%), Calcium: 53.22mg (5.32%), Vitamin A: 243.7IU (4.87%), Vitamin B2: 0.08mg (4.8%), Selenium: 2.42µg (3.46%), Vitamin E: 0.49mg (3.29%), Vitamin B5: 0.32mg (3.19%), Vitamin B3: 0.62mg (3.1%), Vitamin C: 2.39mg (2.9%)