



Bean-and-Rosemary Bites



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients



8 oz bread loaf french



16 oz cannellini beans rinsed drained canned



1 teaspoon olive oil extra virgin



0.5 teaspoon rosemary fresh minced



1 garlic clove minced



0.3 teaspoon lemon rind grated



0.1 teaspoon pepper dried red crushed



0.3 teaspoon salt

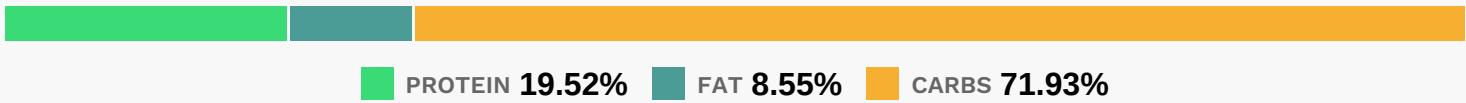
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut bread into 12 (1/2-inch) slices.
- ☐ Place on baking sheet.
- ☐ Bake at 375 for 5 to 7 minutes or until toasted.
- ☐ Saut garlic and rosemary in hot oil in a nonstick skillet over medium-high heat 2 minutes. Stir in beans and next 3 ingredients. Cook until thoroughly heated, stirring frequently and mashing beans partially to desired consistency.
- ☐ Spread about 2 1/2 Tbsp. bean mixture over each bread slice.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:7.58, Inflammation Score:-2, Nutrition Score:4.8878261045269%

Nutrients (% of daily need)

Calories: 97.9kcal (4.9%), Fat: 0.94g (1.45%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 15.57g (5.66%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 164.13mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Folate: 53.89µg (13.47%), Manganese: 0.26mg (12.9%), Vitamin B1: 0.19mg (12.59%), Selenium: 7µg (9.99%), Fiber: 2.29g (9.14%), Iron: 1.34mg (7.46%), Phosphorus: 71.7mg (7.17%), Magnesium: 25.43mg (6.36%), Vitamin B2: 0.1mg (6.11%), Vitamin B3: 1.09mg (5.45%), Copper: 0.09mg (4.51%), Potassium: 156.3mg (4.47%), Vitamin B6: 0.06mg (3.2%), Calcium: 30.49mg (3.05%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.17mg (1.7%)