



Brandade of White Beans with Baby Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baby artichokes
- 30 ounce cannellini beans beans white rinsed drained canned
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 teaspoons rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 4 garlic cloves chopped
- 4 garlic cloves thinly sliced

- 0.5 teaspoon lemon rind grated
- 1 teaspoon olive oil extra-virgin
- 2 cups onion chopped (1 large)
- 1 shallots thinly sliced
- 0.5 cup vegetable broth organic
- 0.7 cup water
- 0.5 cup rosé wine dry

Equipment

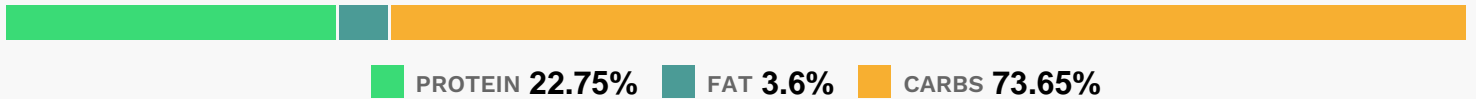
- food processor
- bowl
- frying pan
- sauce pan
- grill
- dutch oven

Directions

- Preheat grill to medium-high heat.
- Cut 1/4 inch off stems of artichokes; peel stems.
- Remove bottom leaves and tough outer leaves from each artichoke, leaving tender heart and bottom. Trim about 1 inch from tops of artichokes.
- Place artichokes in a Dutch oven filled two-thirds with water; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until a leaf near the center of each artichoke pulls out easily.
- Drain and cool.
- Cut in half lengthwise.
- Place artichoke halves, cut sides down, on grill rack coated with cooking spray; grill 4 minutes on each side or until golden.
- Heat oil in a large skillet over medium-high heat.
- Add onion to pan; saut 4 minutes or until tender.

- Add garlic; saut 4 minutes or until onion is golden.
- Add 2/3 cup water and next 3 ingredients (through beans); cook 2 minutes or until thoroughly heated.
- Place bean mixture in a food processor; process until smooth. Keep warm.
- Combine wine, sliced garlic, and shallot in a small saucepan; bring to a boil. Reduce heat, and simmer 4 minutes or until liquid almost evaporates.
- Add broth; simmer until reduced to 1/2 cup (about 3 minutes).
- Spoon about 1/2 cup bean mixture into each of 6 shallow bowls, and top each serving with 2 artichoke halves.
- Drizzle about 1 1/2 tablespoons broth mixture over top of each serving; sprinkle each serving with 1 teaspoon parsley and about 1/4 teaspoon thyme.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:9.09, Inflammation Score:-9, Nutrition Score:17.52391322281%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 284.07kcal (14.2%), Fat: 1.18g (1.81%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 38.06g (13.84%), Sugar: 6.1g (6.78%), Cholesterol: 0mg (0%), Sodium: 280.88mg (12.21%), Alcohol: 2.08g (100%), Alcohol %: 0.62% (100%), Protein: 16.77g (33.55%), Fiber: 16.25g (65.01%), Manganese: 0.92mg (45.83%), Iron: 7.17mg (39.82%), Vitamin A: 1538.55IU (30.77%), Folate: 106.39µg (26.6%), Vitamin K: 26.69µg (25.42%), Potassium: 783.1mg (22.37%), Magnesium: 83.75mg (20.94%), Copper: 0.38mg (18.84%), Calcium: 184.71mg (18.47%), Phosphorus: 158.6mg (15.86%), Vitamin C: 11.61mg (14.08%), Vitamin B6: 0.25mg (12.45%), Zinc: 1.8mg (11.98%), Vitamin B1: 0.17mg (11.58%), Vitamin E: 1.24mg (8.28%), Vitamin B2: 0.08mg (4.78%), Selenium: 3.2µg (4.56%), Vitamin B5: 0.38mg (3.8%), Vitamin B3: 0.32mg (1.61%)