



Butter bean pâté with melba toast

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



825 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 shallots finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 400 g butter drained canned
- ☐ 4 tbsp cream
- ☐ 2 tbsp parsley fresh chopped
- ☐ 4 slices sandwich bread white thin

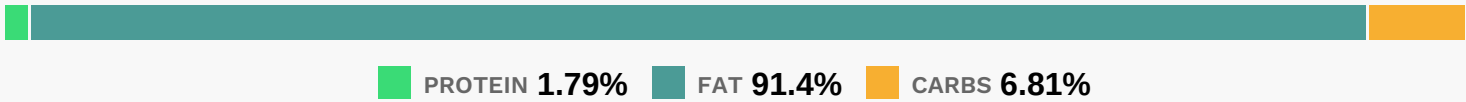
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill

Directions

- ☐ Heat the oil in a pan, then gently cook the shallot and garlic for 5 mins until softened.
- ☐ Transfer to a large bowl.
- ☐ Add the butter beans, then mash together until roughly pured. Stir in the soured cream, parsley and seasoning. Cover and chill until ready to serve.
- ☐ Meanwhile, place the slices of bread under a medium grill and gently toast on both sides until light golden.
- ☐ Cut off the crusts and, using a long, sharp knife, split the bread in half, through the centre.
- ☐ Place the bread, untoasted-side up, under a low grill until it curls into a crisp, golden shell.
- ☐ Serve with the butter bean pt and a sprig of parsley.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:9.1826086251632%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 824.51kcal (41.23%), Fat: 85.48g (131.5%), Saturated Fat: 52.98g (331.1%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.48g (4.9%), Sugar: 2.32g (2.58%), Cholesterol: 222.08mg (74.03%), Sodium: 767.93mg (33.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin A: 2734.38IU (54.69%), Vitamin K: 39.13µg (37.27%), Vitamin E: 2.6mg (17.33%), Selenium: 7.43µg (10.61%), Calcium: 95.17mg (9.52%), Vitamin B1: 0.14mg (9.4%), Manganese: 0.18mg (9.16%), Folate: 36.51µg (9.13%), Vitamin B2: 0.12mg (6.95%),

Phosphorus: 67.37mg (6.74%), Vitamin B3: 1.29mg (6.43%), Iron: 1.08mg (6%), Vitamin C: 3.37mg (4.08%), Fiber: 0.85g (3.41%), Vitamin B12: 0.2µg (3.25%), Vitamin B6: 0.06mg (3.17%), Vitamin B5: 0.31mg (3.15%), Magnesium: 12.4mg (3.1%), Potassium: 102.67mg (2.93%), Zinc: 0.4mg (2.69%), Copper: 0.04mg (2.19%)