



 **54%**
HEALTH SCORE

Cranberry Beans with Parsley Pesto

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 cups cranberry beans fresh shelled ()
- 0.5 cup basil fresh
- 0.8 cup parsley fresh
- 1 garlic clove
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons parmesan fresh grated

- 1.3 cups plum tomatoes seeded chopped (2 large)
- 0.5 cup onion red finely chopped
- 0.5 teaspoon salt
- 1 teaspoon salt
- 2 tablespoons walnut pieces toasted chopped
- 2 quarts water
- 2 tablespoons water

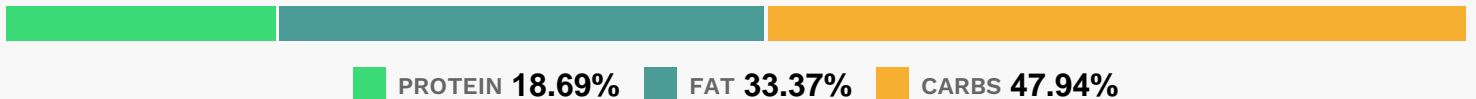
Equipment

- food processor
- bowl
- sauce pan

Directions

- Bring 2 quarts water to a boil in a large saucepan; stir in cranberry beans and 1 teaspoon salt. Reduce heat, and simmer, uncovered, 40 minutes or until beans are tender.
- Drain beans; place in a large bowl. Stir in tomato and onion.
- Combine parsley and remaining ingredients in a food processor; process until finely chopped, scraping sides of bowl occasionally.
- Add herb mixture to the bean mixture, and toss to combine.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:16.768695615232%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg,

Hesperetin: 0.27mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 202.09kcal (10.1%), Fat: 7.76g (11.93%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 15.21g (5.53%), Sugar: 1.58g (1.75%), Cholesterol: 0.85mg (0.28%), Sodium: 474.66mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.55%), Vitamin K: 104.74µg (99.75%), Folate: 203.14µg (50.78%), Fiber: 9.86g (39.45%), Manganese: 0.51mg (25.3%), Vitamin C: 14.43mg (17.49%), Vitamin A: 871.69IU (17.43%), Copper: 0.33mg (16.25%), Phosphorus: 153.45mg (15.34%), Magnesium: 60.26mg (15.07%), Vitamin B1: 0.22mg (14.65%), Potassium: 496.46mg (14.18%), Iron: 2.49mg (13.85%), Zinc: 1.3mg (8.69%), Calcium: 86.38mg (8.64%), Vitamin B6: 0.14mg (7.04%), Vitamin E: 1.04mg (6.9%), Vitamin B2: 0.09mg (5.06%), Vitamin B3: 0.81mg (4.05%), Vitamin B5: 0.31mg (3.08%), Selenium: 1.67µg (2.39%)