



Creamy butter beans with crispy crumbs

READY IN



15 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 800 g shell beans drained and rinsed canned
- ☐ 100 g cheese light with garlic and herbs soft
- ☐ 2 tbsp chives snipped
- ☐ 4 tbsp breadcrumbs
- ☐ 1 tsp unrefined sunflower oil

Equipment

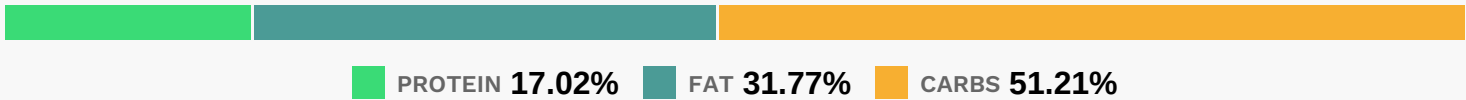
- ☐ bowl
- ☐ frying pan

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the butter beans in a small pan for 3–4 mins.
- ☐ Remove a quarter of them to a bowl and mash with a fork until smooth and creamy. Stir back into the rest of the beans in the pan with the soft cheese and chives, then heat for a few mins more until warmed through.
- ☐ Transfer to a small baking dish and sprinkle with breadcrumbs.
- ☐ Drizzle over oil and flash under a hot grill for 1–2 mins until the crumbs are crunchy and golden.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:13.637391256249%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 295.39kcal (14.77%), Fat: 10.61g (16.32%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 28.38g (10.32%), Sugar: 1.59g (1.76%), Cholesterol: 25.25mg (8.42%), Sodium: 823.74mg (35.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Manganese: 0.83mg (41.31%), Fiber: 10.09g (40.35%), Folate: 114.53µg (28.63%), Iron: 4.15mg (23.08%), Magnesium: 85.18mg (21.3%), Copper: 0.39mg (19.62%), Selenium: 13.68µg (19.55%), Phosphorus: 192.12mg (19.21%), Vitamin B1: 0.21mg (14.24%), Potassium: 497.04mg (14.2%), Zinc: 1.58mg (10.52%), Vitamin B6: 0.21mg (10.51%), Vitamin B2: 0.17mg (9.85%), Calcium: 85.93mg (8.59%), Vitamin A: 401.05IU (8.02%), Vitamin B5: 0.72mg (7.21%), Vitamin B3: 1.22mg (6.09%), Vitamin E: 0.69mg (4.59%), Vitamin K: 4.44µg (4.23%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 0.87mg (1.06%)