



Edamame-Garlic Puree



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 cups blanched edamame green frozen shelled soybeans
- ☐ 10 garlic cloves peeled
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup silken tofu soft

Equipment

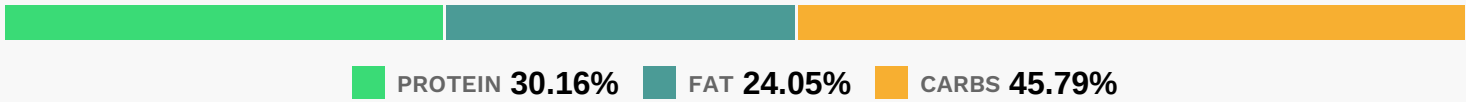
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Bring 2 quarts water to a boil in a medium saucepan over medium-high heat; add edamame and garlic. Cook for 5 minutes.
- ☐ Drain in a colander over a bowl, reserving 1/2 cup liquid.
- ☐ Combine edamame, garlic, 1/2 cup cooking liquid, and tofu in a food processor, and process until smooth (about 3 minutes).
- ☐ Add lemon juice, salt, and pepper, and pulse to combine.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:3.8917390768943%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 159.9kcal (7.99%), Fat: 4.31g (6.63%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 13.51g (4.91%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 350.46mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Fiber: 4.95g (19.8%), Iron: 3.4mg (18.92%), Potassium: 582.03mg (16.63%), Calcium: 112.65mg (11.27%), Manganese: 0.11mg (5.39%), Vitamin B6: 0.08mg (3.83%), Vitamin C: 2.45mg (2.97%), Copper: 0.04mg (2.18%), Phosphorus: 16.71mg (1.67%), Vitamin B1: 0.02mg (1.62%), Magnesium: 5.11mg (1.28%), Selenium: 0.86µg (1.22%)