



Garlicky Lima Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup parsley leaves fresh
- ☐ 2 teaspoons roasted garlic paste
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups lima beans *soaked overnight fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

☐ 0.3 cup water

Equipment

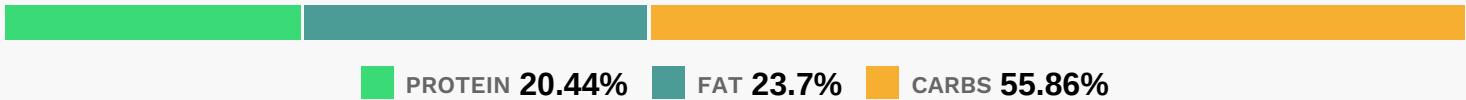
☐ food processor

☐ sauce pan

Directions

- ☐ Sort and wash beans; drain and place in a medium saucepan. Cover with water to 2 inches above beans; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain.
- ☐ Place beans and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:6.3069566280945%

Flavonoids

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 72.12kcal (3.61%), Fat: 1.96g (3.01%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 6.98g (2.54%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 151.67mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin K: 43.11µg (41.06%), Fiber: 3.41g (13.64%), Manganese: 0.27mg (13.38%), Folate: 43.23µg (10.81%), Potassium: 258.61mg (7.39%), Iron: 1.31mg (7.28%), Copper: 0.12mg (5.96%), Phosphorus: 55.03mg (5.5%), Magnesium: 21.98mg (5.49%), Vitamin B1: 0.08mg (5.33%), Vitamin C: 4.38mg (5.31%), Vitamin B6: 0.09mg (4.42%), Vitamin A: 211.32IU (4.23%), Zinc: 0.49mg (3.23%), Selenium: 2.23µg (3.18%), Vitamin E: 0.36mg (2.4%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.03mg (1.74%), Calcium: 13.6mg (1.36%), Vitamin B3: 0.24mg (1.19%)