



WHATSheATE



HEALTH SCORE

57%

Herbed White-Bean Spread Open-Faced Sandwiches



Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce asiago cheese shredded
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 ounce diagonally bread french cut ()
- ☐ 19 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flat-leaf parsley chopped

- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 5 inch onion red
- ☐ 0.7 cup shallots coarsely chopped

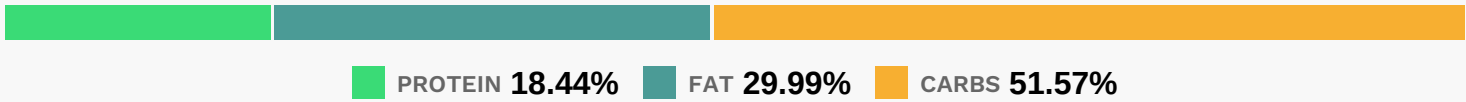
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ To prepare spread, heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add shallots; cook 10 minutes or until tender, stirring frequently. Stir in sage, thyme, pepper, and garlic; cook 2 minutes, stirring constantly.
- ☐ Add broth and beans; reduce heat to low. Cook 5 minutes or until most of liquid is absorbed.
- ☐ Remove from heat; cool to room temperature.
- ☐ Place bean mixture, cheese, parsley, 2 tablespoons oil, and juice in a food processor; process until smooth.
- ☐ Place about 3 tablespoons spread on each bread slice; top each with 2 onion slices.

Nutrition Facts



Properties

Glycemic Index:66.9, Glycemic Load:9.38, Inflammation Score:-9, Nutrition Score:18.03130431538%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 249.77kcal (12.49%), Fat: 8.55g (13.15%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 26.25g (9.55%), Sugar: 3.38g (3.76%), Cholesterol: 3.86mg (1.29%), Sodium: 321.45mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.65%), Copper: 3.95mg (197.74%), Manganese: 0.9mg (45.18%), Vitamin K: 34.29µg (32.66%), Fiber: 6.82g (27.27%), Iron: 4.51mg (25.07%), Folate: 92.82µg (23.21%), Potassium: 659.41mg (18.84%), Calcium: 182.73mg (18.27%), Magnesium: 72.83mg (18.21%), Phosphorus: 173.56mg (17.36%), Vitamin E: 1.83mg (12.21%), Vitamin B1: 0.18mg (11.89%), Vitamin B6: 0.23mg (11.7%), Zinc: 1.65mg (10.97%), Vitamin C: 8.62mg (10.44%), Selenium: 6.21µg (8.87%), Vitamin B2: 0.11mg (6.56%), Vitamin A: 249.37IU (4.99%), Vitamin B5: 0.42mg (4.22%), Vitamin B3: 0.79mg (3.96%), Vitamin B12: 0.16µg (2.65%)