



Hot butter bean salad with lemon



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



1539 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 820 g butter bean drained canned
- ☐ 1 lemon zest
- ☐ 1 small bunch parsley roughly chopped

Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a small frying pan, then soften the garlic for 1 min. Tip in the beans and briefly warm in the garlicky oil. Turn off the heat, then stir in the lemon zest and juice, the parsley and some seasoning.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:14.197391230127%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1538.68kcal (76.93%), Fat: 173.38g (266.73%), Saturated Fat: 106.36g (664.73%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.31g (0.35%), Cholesterol: 440.75mg (146.92%), Sodium: 1326.49mg (57.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin K: 252.28µg (240.26%), Vitamin A: 6324.19IU (126.48%), Vitamin E: 5.88mg (39.17%), Vitamin C: 21.12mg (25.6%), Calcium: 72.3mg (7.23%), Folate: 28.03µg (7.01%), Phosphorus: 58.79mg (5.88%), Vitamin B12: 0.35µg (5.81%), Iron: 0.99mg (5.49%), Vitamin B2: 0.09mg (5.04%), Potassium: 133.62mg (3.82%), Selenium: 2.18µg (3.12%), Vitamin B5: 0.29mg (2.92%), Magnesium: 11.64mg (2.91%), Fiber: 0.64g (2.58%), Zinc: 0.35mg (2.33%), Manganese: 0.04mg (1.77%), Vitamin B1: 0.02mg (1.66%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.28mg (1.42%), Copper: 0.02mg (1.24%)