



Lemony White Bean Mash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 3 tablespoons celery chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil

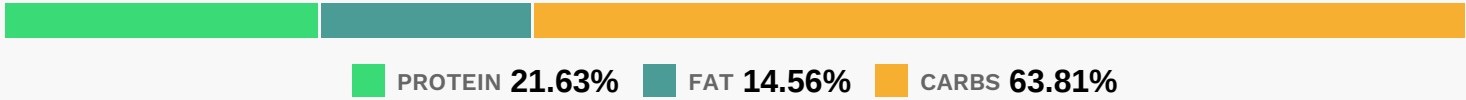
Equipment

- ☐ bowl

Directions

- ☐ Place cannellini beans in a bowl; mash with a fork.
- ☐ Add celery, parsley, lemon juice, olive oil, and kosher salt; stir to combine.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:5.45, Inflammation Score:-5, Nutrition Score:9.8917391326116%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.48mg, Apigenin: 4.48mg, Apigenin: 4.48mg, Apigenin: 4.48mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 141.26kcal (7.06%), Fat: 2.34g (3.61%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 17.83g (6.48%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 156.66mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Vitamin K: 38.85µg (37%), Manganese: 0.56mg (27.89%), Fiber: 5.28g (21.1%), Folate: 75.05µg (18.76%), Iron: 3.33mg (18.5%), Potassium: 513.24mg (14.66%), Magnesium: 56.11mg (14.03%), Copper: 0.25mg (12.62%), Phosphorus: 99.64mg (9.96%), Calcium: 83.1mg (8.31%), Zinc: 1.22mg (8.15%), Vitamin E: 1.16mg (7.76%), Vitamin B1: 0.11mg (7.06%), Vitamin C: 4.3mg (5.21%), Vitamin B6: 0.09mg (4.38%), Vitamin A: 195.65IU (3.91%), Vitamin B2: 0.05mg (2.66%), Selenium: 1.73µg (2.47%), Vitamin B5: 0.22mg (2.24%)