



Lima Bean-and-Fresh Herb Pâté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce lima beans *soaked overnight rinsed drained canned
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup ricotta cheese
- ☐ 0.8 teaspoon salt

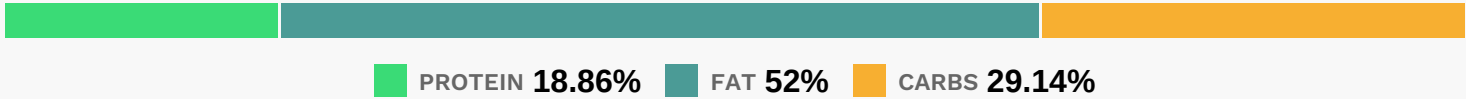
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Process first 7 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Add chives, parsley, and dill; process until combined.
- ☐ Spoon mixture into a lightly greased 2-cup bowl lined with plastic wrap. Cover and chill 8 hours.
- ☐ Unmold pt, discarding plastic wrap; place on a serving dish.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:2.28, Inflammation Score:-4, Nutrition Score:5.8891304744327%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 129.98kcal (6.5%), Fat: 7.65g (11.76%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 6.99g (2.54%), Sugar: 0.26g (0.28%), Cholesterol: 15.81mg (5.27%), Sodium: 423.52mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin K: 20.56µg (19.58%), Manganese:

0.22mg (11.06%), Fiber: 2.65g (10.61%), Selenium: 7.01µg (10.01%), Phosphorus: 91.04mg (9.1%), Folate: 33.8µg (8.45%), Calcium: 79.6mg (7.96%), Iron: 1.2mg (6.67%), Magnesium: 25.61mg (6.4%), Copper: 0.11mg (5.45%), Vitamin A: 257.51IU (5.15%), Vitamin C: 4.2mg (5.09%), Zinc: 0.73mg (4.89%), Vitamin B2: 0.08mg (4.84%), Potassium: 167.15mg (4.78%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.56mg (3.71%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.11µg (1.76%)