



Lima-Bean Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 baguette



2 garlic cloves thinly sliced



1 juice of lemon



1 pound lima beans *soaked overnight frozen



2 cups olive oil extra-virgin



2 pasilla peppers dried whole red



1 stalk rosemary



8 servings salt and pepper black to taste

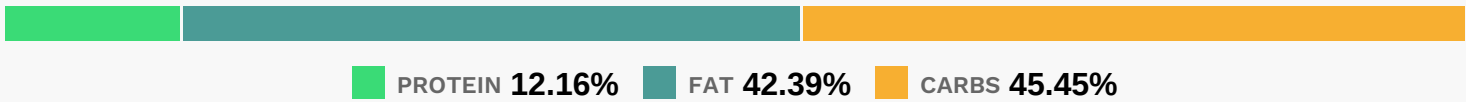
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Soften the beans in simmering water for about 2 minutes. In another pan, heat the oil, red peppers, rosemary, and garlic over medium-low heat until the rosemary starts to sizzle. Turn off heat.
- ☐ Drain the beans well, add them to the pan, and let soak in the oil for 30 minutes.
- ☐ Remove the rosemary leaves from the stalk; discard the stalk and 1 of the red peppers. In a blender or food processor, puree the beans, oil, garlic, rosemary leaves, lemon juice, and the remaining red pepper.
- ☐ Add the salt and black pepper.
- ☐ Drizzle with more extra-virgin olive oil and serve with crostini.
- ☐ Slice a baguette into 1-inch slices.
- ☐ Drizzle with olive oil, salt, and black pepper to taste.
- ☐ Bake in a 375°F oven until crisp and just browned.

Nutrition Facts



Properties

Glycemic Index:26.66, Glycemic Load:12.97, Inflammation Score:-5, Nutrition Score:10.877826172373%

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 249.92kcal (12.5%), Fat: 11.95g (18.39%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 23.63g (8.59%), Sugar: 3.93g (4.36%), Cholesterol: 0mg (0%), Sodium: 389.39mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin C: 25.68mg (31.13%), Manganese: 0.49mg (24.48%), Folate: 84.63µg (21.16%), Fiber: 5.21g (20.84%), Vitamin B1: 0.29mg (19.54%), Iron: 2.65mg (14.72%), Vitamin E: 1.86mg (12.43%), Selenium: 8.04µg (11.49%), Potassium: 387.06mg (11.06%), Vitamin K: 10.79µg (10.27%), Vitamin B6: 0.2mg (10.18%), Phosphorus: 100.11mg (10.01%), Copper: 0.19mg (9.72%), Vitamin B3: 1.81mg (9.05%), Magnesium: 36.17mg (9.04%), Vitamin B2: 0.14mg (8.34%), Zinc: 0.84mg (5.6%), Calcium: 48.84mg (4.88%), Vitamin B5: 0.4mg (3.96%), Vitamin A: 114.28IU (2.29%)