



Lima Bean Mash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

Ingredients

- 2 cups baby lima beans frozen
- 2 garlic cloves chopped
- 0.3 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon zest
- 1 tablespoon olive oil

Equipment

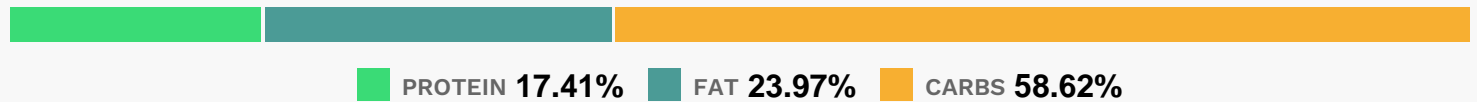
- food processor

sauce pan

Directions

- Combine lima beans, garlic, kosher salt, and 1 cup water in a medium saucepan. Bring to a boil over medium heat. Cover, reduce heat to low, and cook 15 minutes.
- Remove from heat, and let cool 15 minutes.
- Drain, reserving 1/4 cup liquid.
- Process lima bean mixture, reserved liquid, olive oil, and remaining ingredients in a food processor 30 seconds or until smooth. Cover and chill 30 minutes to 1 hour. Store in an airtight container up to 3 days.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.6778260676757%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.83kcal (2.84%), Fat: 1.55g (2.38%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 75.34mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Manganese: 0.24mg (12.03%), Fiber: 1.99g (7.98%), Potassium: 151.88mg (4.34%), Magnesium: 16.63mg (4.16%), Vitamin C: 3.43mg (4.15%), Iron: 0.75mg (4.14%), Phosphorus: 35.12mg (3.51%), Vitamin B6: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.59%), Folate: 9.41µg (2.35%), Copper: 0.04mg (2.2%), Vitamin B3: 0.34mg (1.71%), Vitamin B2: 0.03mg (1.5%), Zinc: 0.21mg (1.43%), Vitamin E: 0.2mg (1.36%), Calcium: 12.81mg (1.28%), Vitamin A: 62.16IU (1.24%), Selenium: 0.78µg (1.11%)