



## Minty-Green Lima Bean Puree

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 6 servings pepper black freshly ground
- 1.5 cups chicken stock see
- 0.5 teaspoon kosher salt plus more for seasoning
- 20 ounce lima beans \*soaked overnight frozen
- 1 cup mint leaves loosely packed
- 3 tablespoons olive oil extra-virgin
- 1 medium onion diced
- 0.3 cup slivered almonds

2 tablespoons butter unsalted

## Equipment

food processor

bowl

frying pan

blender

## Directions

Special equipment: Food processor or blender

In a dry skillet over medium heat, toast the almonds until lightly golden.

Remove the almonds from the pan and set aside.

Return the skillet medium heat and warm the butter with 1 tablespoon olive oil.

Add the onion and saute until translucent, about 5 minutes.

Add the lima beans, salt and chicken stock. Bring to a simmer, and cook until the lima beans are heated through and tender, about 5 minutes.

Carefully transfer the mixture to a food processor.

Add the mint and puree until a smooth, even consistency is reached. Season with salt, if needed.

Transfer the puree to a serving bowl and serve garnished with a drizzle of the remaining olive oil, black pepper, to taste, and the toasted almonds.

## Nutrition Facts



**PROTEIN 15.24%** **FAT 46.96%** **CARBS 37.8%**

## Properties

Glycemic Index:16.75, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:12.292608721101%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg,

Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg  
Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg Hesperetin: 0.76mg, Hesperetin:  
0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,  
Naringenin: 0.02mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.96mg,  
Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin:  
1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg,  
Quercetin: 3.74mg, Quercetin: 3.74mg

## **Nutrients (% of daily need)**

Calories: 264.5kcal (13.23%), Fat: 14.2g (21.85%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 25.72g (8.57%),  
Net Carbohydrates: 17.6g (6.4%), Sugar: 4.66g (5.18%), Cholesterol: 11.83mg (3.94%), Sodium: 285.26mg (12.4%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Manganese: 0.72mg (35.79%), Fiber: 8.11g  
(32.46%), Folate: 95.6µg (23.9%), Potassium: 648.04mg (18.52%), Iron: 3.02mg (16.79%), Copper: 0.33mg (16.74%),  
Vitamin E: 2.46mg (16.41%), Magnesium: 63.29mg (15.82%), Phosphorus: 154.81mg (15.48%), Vitamin B1: 0.2mg  
(13.15%), Vitamin B6: 0.23mg (11.35%), Vitamin B2: 0.18mg (10.64%), Vitamin A: 437.98IU (8.76%), Selenium: 5.9µg  
(8.43%), Vitamin B3: 1.66mg (8.31%), Zinc: 1.24mg (8.28%), Vitamin K: 6.79µg (6.46%), Calcium: 54.16mg (5.42%),  
Vitamin B5: 0.47mg (4.74%), Vitamin C: 3.86mg (4.68%)