



## Tomatoes with Sicilian White Bean Purée

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

### Ingredients

- 15 oz cannellini beans white rinsed mashed drained canned () (see note above)
- 1 tablespoon capers drained
- 1 tablespoon currants dried
- 3 tablespoons basil fresh chopped
- 1 clove garlic minced peeled
- 1 tablespoon spring onion minced (including green top)
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise

- 2 tablespoons parmesan cheese grated
- 2 tablespoons pinenuts
- 6 servings salt and pepper
- 3 tomatoes cored rinsed sliced

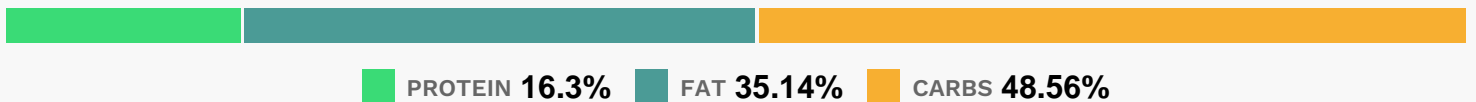
## Equipment

- bowl
- frying pan

## Directions

- In a 6- to 8-inch frying pan over medium heat, stir pine nuts often until golden, 5 to 10 minutes.
- In a bowl, mix mashed beans, basil, mayonnaise, parmesan, lemon juice, capers, currants, green onion, and garlic until well blended.
- Add salt and pepper to taste.
- Arrange tomato slices, overlapping, on a platter. Spoon bean mixture down the center of tomatoes.
- Sprinkle with pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:10.273912920576%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## Nutrients (% of daily need)

Calories: 162.45kcal (8.12%), Fat: 6.6g (10.15%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 16.04g (5.83%), Sugar: 3.63g (4.03%), Cholesterol: 3.41mg (1.14%), Sodium: 297.58mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Manganese: 0.77mg (38.26%), Vitamin K: 22.98µg (21.89%), Fiber: 4.48g (17.9%), Potassium: 521.71mg (14.91%), Folate: 59.15µg (14.79%), Iron: 2.61mg (14.53%), Magnesium: 54.37mg (13.59%), Copper: 0.27mg (13.27%), Vitamin C: 10.12mg (12.26%), Vitamin A: 597.29IU (11.95%), Phosphorus: 114.47mg (11.45%), Vitamin E: 1.4mg (9.31%), Zinc: 1.23mg (8.17%), Calcium: 79.93mg (7.99%), Vitamin B1: 0.11mg (7.37%), Vitamin B6: 0.12mg (6.22%), Vitamin B2: 0.06mg (3.53%), Vitamin B3: 0.66mg (3.31%), Selenium: 1.96µg (2.81%), Vitamin B5: 0.22mg (2.2%)