White bean, parsley & garlic mash

Vegetarian · Vegan · Gluten Free · Dairy Free · Very Healthy

READY IN	SERVINGS	CALORIES
15 min.	4	297 kcal

SIDE DISH

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 small shallots finely chopped
- [ ] 2 garlic clove chopped
- [ ] 800 g cannellini beans drained canned
- [ ] 50 ml water
- [ ] 1 large handful parsley

Equipment

- [ ] frying pan

- [ ] sauce pan

Directions

- [ ] Heat the olive oil in a saucepan and tip in the shallots (or onion). Cook gently for 5 mins, then add the garlic cloves and cook for another 2 mins until soft.
- [ ] Tip the cannellini beans into the pan and mash roughly, adding a little stock or water to loosen. Stir in the parsley with plenty of seasoning. Great with roast white fish, spicy chorizo and griddled scallops

Nutrition Facts

PROTEIN **19.5%** FAT **22.53%** CARBS **57.97%**

Properties

Glycemic Index:30.75, Glycemic Load:10.57, Inflammation Score:-6, Nutrition Score:16.174782607866%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 296.98kcal (14.85%), Fat: 7.6g (11.69%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 34.15g (12.42%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 12.33mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Manganese: 1.07mg (53.75%), Fiber: 9.86g (39.46%), Iron: 6.18mg (34.34%), Folate: 133.69µg (33.42%), Potassium: 940.5mg (26.87%), Magnesium: 104.31mg (26.08%), Vitamin K: 26.49µg (25.23%), Copper: 0.48mg (23.87%), Phosphorus: 188.63mg (18.86%), Vitamin E: 2.6mg (17.33%), Zinc: 2.29mg (15.3%), Calcium: 152.85mg (15.29%), Vitamin B1: 0.2mg (13.31%), Vitamin B6: 0.19mg (9.55%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.08mg (4.58%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 2.3mg (2.79%), Vitamin A: 84.63IU (1.69%), Vitamin B3: 0.26mg (1.31%)