

White Bean Purée with Garlic Vinaigrette and Croutes

 Vegetarian

READY IN



4500 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 slices crusty baguette toasted (croûtes)
- ☐ 1 teaspoon dijon mustard
- ☐ 2 garlic clove
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 pound navy beans dried white
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon red-wine vinegar

- ☐ 1 thyme sprigs fresh
- ☐ 2 slices sandwich bread white firm

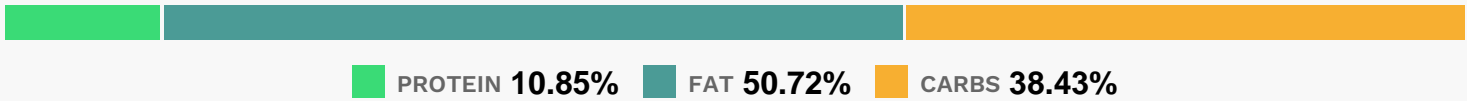
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Blanch garlic in a small saucepan of boiling water 3 minutes, then drain and finely chop.
- ☐ Transfer garlic to a bowl and whisk in mustard and vinegar.
- ☐ Add 3 tablespoons oil in a stream, whisking until emulsified. Season with salt and pepper.
- ☐ Soak beans in water to cover by 2 inches in a large bowl at least 8 hours, then drain. Simmer beans with thyme in fresh water to cover by 2 inches in a 3- to 4-quart saucepan, partially covered, until very tender, about 1 1/4 hours (some beans will fall apart). Reserve 1 cup cooking liquid and drain beans, discarding thyme.
- ☐ Crumble bread into a large bowl and stir in cream. Force beans through food mill into moistened bread, then stir in oil.
- ☐ Add reserved cooking liquid 1 tablespoon at a time for a spreadable consistency. Season generously with salt and pepper.
- ☐ Serve warm with vinaigrette spooned over purée.
- ☐ ·Beans can soak up to 1 day.·Purée may be made 1 day ahead and chilled, its surface covered with plastic wrap. Bring to room temperature, then reheat over low heat, stirring.
- ☐ Add water if necessary for a spreadable consistency and reseason with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:6.1895651804364%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.08kcal (8.9%), Fat: 10.15g (15.62%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 12.96g (4.71%), Sugar: 1.24g (1.38%), Cholesterol: 14.94mg (4.98%), Sodium: 85.93mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Fiber: 4.35g (17.41%), Folate: 68.57µg (17.14%), Manganese: 0.3mg (14.88%), Vitamin B1: 0.17mg (11.28%), Iron: 1.47mg (8.14%), Phosphorus: 79.39mg (7.94%), Selenium: 4.77µg (6.81%), Magnesium: 25.61mg (6.4%), Calcium: 61.2mg (6.12%), Vitamin E: 0.83mg (5.57%), Vitamin B2: 0.09mg (5.26%), Potassium: 183.26mg (5.24%), Copper: 0.1mg (5.12%), Vitamin B3: 0.91mg (4.54%), Vitamin B6: 0.08mg (4.18%), Vitamin A: 203.05IU (4.06%), Zinc: 0.56mg (3.71%), Vitamin K: 3.67µg (3.49%), Vitamin B5: 0.21mg (2.08%), Vitamin D: 0.21µg (1.41%), Vitamin C: 1.01mg (1.23%)