



## White Bean Purée with Sun-Dried Tomatoes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup great northern beans dried
- 2 tablespoons parsley fresh chopped
- 1 tablespoon rosemary leaves fresh chopped
- 0.8 teaspoon pepper black
- 1.5 teaspoons juice of lemon fresh
- 4 servings lemon wedges
- 1 cup sun-dried olives drained
- 4 tablespoons olive oil extra virgin extra-virgin divided

- 0.5 small onion quartered
- 4 servings wholewheat pita breads toasted
- 0.3 teaspoon pepper dried red crushed
- 8 inch rosemary leaves fresh
- 1.5 teaspoons salt
- 1.5 tablespoons shallots chopped
- 0.5 cup water boiling ()

## Equipment

- bowl
- sauce pan

## Directions

- Place beans in medium saucepan.
- Add enough cold water to cover beans by 3 inches.
- Let stand overnight.
- Drain beans well. Return to saucepan.
- Add 4 cups water, onion, and rosemary sprigs. Bring to boil; reduce heat to low, cover, and simmer until beans are soft, about 1 hour 45 minutes. Discard rosemary sprigs.
- Drain beans and onion; cool to room temperature.
- Using on/off turns, puree drained beans and onion, sun-dried tomatoes, shallots, and chopped rosemary in processor until smooth, stopping occasionally to scrape down sides of bowl.
- Add 3 tablespoons oil, lemon juice, salt, pepper, and crushed red pepper. Puree until blended. With machine running, gradually add 1/2 cup boiling water. Thin with more water by tablespoonfuls if necessary. (Can be made 2 days ahead. Cover and refrigerate.)
- Transfer white bean puree to wide shallow bowl; drizzle with remaining 1 tablespoon oil and sprinkle with parsley.
- Garnish with lemon wedges.
- Serve with toasted pita triangles.

# Nutrition Facts

PROTEIN 14.46% FAT 27.4% CARBS 58.14%

## Properties

Glycemic Index:68.38, Glycemic Load:33.07, Inflammation Score:-9, Nutrition Score:29.385651754296%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 520.03kcal (26%), Fat: 16.4g (25.24%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 78.32g (26.11%), Net Carbohydrates: 63.18g (22.97%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 1215.34mg (52.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.96%), Manganese: 1.56mg (77.99%), Folate: 265.3µg (66.32%), Fiber: 15.15g (60.6%), Vitamin K: 56.61µg (53.91%), Potassium: 1729.71mg (49.42%), Copper: 0.91mg (45.32%), Magnesium: 163.46mg (40.86%), Vitamin B1: 0.61mg (40.34%), Phosphorus: 367.63mg (36.76%), Iron: 6.5mg (36.09%), Vitamin B3: 4.7mg (23.49%), Vitamin C: 19.29mg (23.38%), Calcium: 186.33mg (18.63%), Vitamin B2: 0.31mg (18.42%), Vitamin B6: 0.36mg (18.21%), Zinc: 2.19mg (14.63%), Vitamin E: 2.19mg (14.62%), Vitamin B5: 1.38mg (13.84%), Vitamin A: 611.76IU (12.24%), Selenium: 7.56µg (10.8%)