



HEALTH SCORE

60%

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 ()

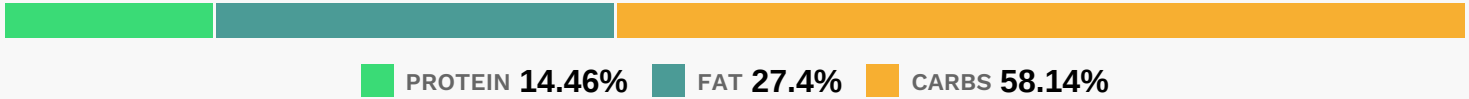
Equipment

- ☐ 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



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%)