

Better Me Weekly Recipes

Basil and White Bean Puree



Ingredients

- 1/2 cup flat leaf parsley, chopped
- 1/2 cup basil, chopped
- 2 Tablespoon olive oil
- 1 1/2 Teaspoon white wine vinegar
- 1 Tablespoon lemon juice
- 1/2 clove garlic, crushed
- 1 Teaspoon agave nectar
- 1/4 Teaspoon salt and pepper mix
- 1/4 teaspoon crushed red pepper
- 9 1/2 ounces Cannellini beans

Preparation Instructions

1. Combine all ingredients in a food processor and puree.

Serves: 4 -3 ounce portions

Nutrition Facts

Serving Size (146g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 6g

Vitamin A 70% • Vitamin C 35%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4