

## B09 CANNELLINI BEANS



# 980 - 4553

Nutrition Facts	
Serving Size about 1/4 cup (35g)	
Amount Per Serving	
<b>Calories</b> 120	<b>Cals. From Fat</b> 0
% Daily Value**	
<b>Total Fat</b> 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 10 mg	0%
<b>Total Carbohydrate</b> 21 g	7%
Dietary Fiber 9 g	36%
Sugars 1 g	
<b>Protein</b> 8 g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 15%
**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 2000 2500	
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories Per Gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

### Points Of Interest

Cannellini Beans are white kidney beans with a mild, nutty flavor and smooth, tender texture. They are extremely popular in Italian cuisine. Also known as "Italian white kidney beans" or "fasolia beans," they resemble kidney beans in size and shape, but are creamy off-white in color.

- Approximately 1/2-inch long
- Hold their shape very well after cooking, making them a great addition to soups, salads and side dishes

### Suggested Uses

- Wonderful in soups such as pasta e fagioli and minestrone, hearty stews, cold salads, rice dishes and chili
- Make a creamy hummus or blend into bean dips and purees
- Delicious stewed with garlic, olive oil and rosemary

### Basic Preparation

Carefully sort beans and rinse thoroughly. Soak beans overnight. Rinse and place in a large pot and cover with fresh water. Bring to a boil for 10 minutes, reduce heat and simmer, covered, for 1 to 1-1/2 hours until tender.

### Recipe

#### White Bean and Goat Cheese Spread

- 2-1/2 cups cooked Cannellini Beans
- 2 small cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 4 ounces fresh goat cheese (chèvre)
- Pinch Crushed Mediterranean Aleppo Chiles
- 2 teaspoons Fine Sea Salt
- 1/4 teaspoon freshly ground Black Peppercorns
- 1 teaspoon Dried Thyme

Place cooked beans and garlic in food processor. Pulse until well blended. Turn processor on and slowly pour in olive oil.

Scrape down sides of bowl with spatula and process until smooth. Add cheese, red chile flakes, salt, pepper and thyme. Blend until evenly incorporated. Adjust seasoning to taste with additional salt and pepper.

Makes about 12 servings

Serving Suggestion: Serve spread on slices of freshly grilled or toasted bread, homemade pita chips or crudites.

Think of this rich, creamy, pureed Cannellini Bean dip as a more decadent (but still healthy) alternative to hummus. Extra virgin olive oil makes it smooth. Fresh goat cheese makes it rich. Crushed Aleppo chiles give it a touch of spice. For a vegan option, the goat cheese can be omitted, and a touch of lemon zest will give it a similar tartness.

**Source of Nutritional Information**  
USDA Nutrient Database for Standard Reference.

#### Ingredients

Cannellini Beans.

#### Handling And Storage

Store in a dry, cool place.