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## Smashed White Beans on Toast ♦

Smashed white beans on toast is a delicious and nutritious vegetarian dish that can be enjoyed for breakfast, brunch, or as a light lunch. The creamy white beans are seasoned with garlic, lemon juice, and fresh herbs, and served on toasted bread for a satisfying and flavorful meal.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

400 g	canned white beans
2 cloves	garlic cloves
2 tbsp	Lemon juice
2 tbsp	fresh parsley
1 tbsp	fresh thyme

1 teaspoon	Salt
0.5 teaspoon	Black pepper
1 tablespoon	Olive oil
4 pieces	bread slices

## Directions

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### Step 1

Drain and rinse the canned white beans.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

In a bowl, smash the white beans with a fork or potato masher until creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Add minced garlic, lemon juice, chopped parsley, chopped thyme, salt, and black pepper to the smashed white beans. Mix well to combine.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Frying

Heat olive oil in a skillet over medium heat. Toast the bread slices until golden brown and crispy on both sides.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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## Step 5

Spread the smashed white beans mixture evenly on the toasted bread slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Garnish with additional fresh herbs if desired. Serve warm.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 2 g

**Protein:** 8 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	4 mcg	7.27%	7.27%

## Recipe Attributes

### Seasonality

Spring

### Events

Picnic

### Meal Type

Breakfast

Brunch

Lunch

Snack

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

### Demographics

Diabetic Friendly

### Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

The Fast Metabolism Diet

The Gerson Therapy

The F-Plan Diet

The 3-Day Diet

## Difficulty Level

Medium

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