



Baked Greek-Style Bean Dip

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



7

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31.6 ounce cannellini beans drained and rinsed canned
- ☐ 8 ounce nonfat cream cheese
- ☐ 4 ounces feta cheese crumbled reduced-fat
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 tablespoon oregano dried fresh chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomatoes seeded finely chopped

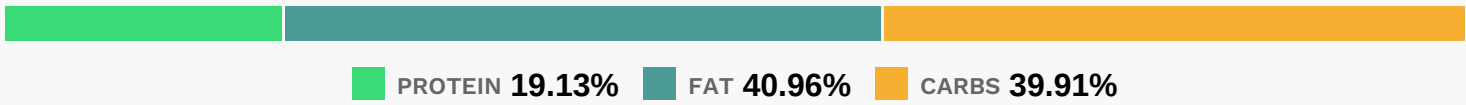
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Add first 8 ingredients, and process until smooth, scraping sides of processor bowl once. Spoon into a 1 1/2-quart baking dish. Cover and bake at 350 for 25 minutes or until thoroughly heated.
- ☐ Sprinkle tomato and olives over dip before serving.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:11.6334782226869%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 308.02kcal (15.4%), Fat: 14.48g (22.28%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 24.81g (9.02%), Sugar: 2.25g (2.5%), Cholesterol: 41.4mg (13.8%), Sodium: 410.76mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Manganese: 0.61mg (30.7%), Fiber: 6.94g

(27.75%), Folate: 110.93µg (27.73%), Phosphorus: 215.06mg (21.51%), Magnesium: 72.64mg (18.16%), Potassium: 539.7mg (15.42%), Vitamin B1: 0.2mg (13.36%), Iron: 2.4mg (13.33%), Selenium: 8.3µg (11.86%), Calcium: 117.5mg (11.75%), Copper: 0.23mg (11.68%), Vitamin A: 556.03IU (11.12%), Vitamin B6: 0.19mg (9.48%), Vitamin B2: 0.16mg (9.4%), Zinc: 1.05mg (7.01%), Vitamin C: 5.2mg (6.3%), Vitamin K: 6.29µg (5.99%), Vitamin B5: 0.57mg (5.73%), Vitamin E: 0.66mg (4.39%), Vitamin B3: 0.74mg (3.71%), Vitamin B12: 0.07µg (1.19%)