



Balsamic Bean Dip with Fresh Veggies

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar for drizzling
- 15 ounce cannellini white drained canned (kidney beans)
- 1 jar sun-dried olives
- 2 tablespoons olive oil
- 4 servings wholewheat pita breads cut into wedges

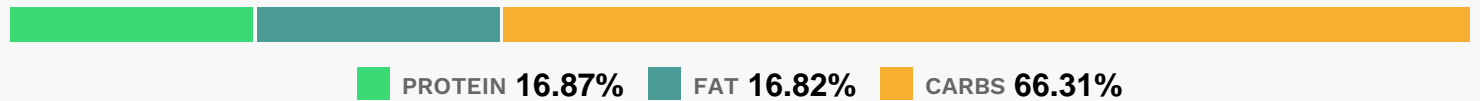
Equipment

- bowl

Directions

- Puree beans, olive oil, and 1 tablespoon vinegar in processor until smooth. Season with salt and pepper.
- Transfer to bowl.
- Drizzle with tomato oil and a few drops of vinegar.
- Serve with crudité's and pita wedges.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:39.22, Inflammation Score:-8, Nutrition Score:30.559130378391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 500.18kcal (25.01%), Fat: 9.88g (15.2%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 87.64g (29.21%), Net Carbohydrates: 72.65g (26.42%), Sugar: 22.18g (24.65%), Cholesterol: 0mg (0%), Sodium: 362.74mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.6%), Manganese: 1.77mg (88.74%), Potassium: 2440.26mg (69.72%), Fiber: 14.99g (59.94%), Copper: 1.13mg (56.35%), Folate: 190.06µg (47.52%), Iron: 8.35mg (46.38%), Magnesium: 169.3mg (42.33%), Vitamin B1: 0.62mg (41.2%), Phosphorus: 402.93mg (40.29%), Vitamin K: 37.44µg (35.66%), Vitamin B3: 6.93mg (34.64%), Vitamin C: 23.42mg (28.39%), Vitamin B2: 0.39mg (23.07%), Zinc: 2.66mg (17.74%), Vitamin B6: 0.33mg (16.71%), Vitamin B5: 1.64mg (16.35%), Calcium: 148.67mg (14.87%), Vitamin A: 493.81IU (9.88%), Vitamin E: 1.05mg (6.97%), Selenium: 4.28µg (6.11%)