



Bean, Bacon, and Blue Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 15 ounce navy beans drained canned
- ☐ 3 bacon crumbled cooked drained ()
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon or dried fresh chopped

Equipment

☐ bowl

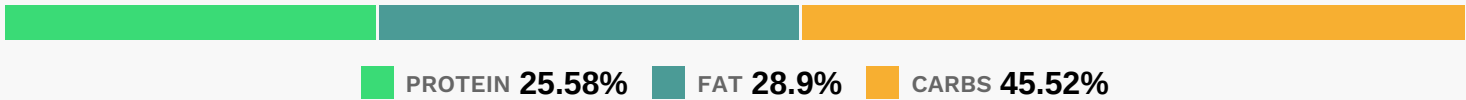
☐ blender

Directions

☐ Place first 7 ingredients in a blender; process until smooth.

☐ Combine bean mixture and remaining ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.8591304538043%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 51.18kcal (2.56%), Fat: 1.67g (2.57%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.2g (0.23%), Cholesterol: 4.14mg (1.38%), Sodium: 221.67mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Manganese: 0.12mg (5.8%), Vitamin K: 6.09µg (5.8%), Fiber: 1.44g (5.76%), Phosphorus: 56.48mg (5.65%), Folate: 18.79µg (4.7%), Selenium: 2.86µg (4.09%), Magnesium: 14.39mg (3.6%), Iron: 0.62mg (3.45%), Calcium: 33.97mg (3.4%), Vitamin B1: 0.05mg (3.27%), Copper: 0.06mg (3.06%), Potassium: 99.82mg (2.85%), Zinc: 0.36mg (2.39%), Vitamin B6: 0.05mg (2.36%), Vitamin B2: 0.03mg (1.95%), Vitamin B3: 0.33mg (1.67%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.13mg (1.29%), Vitamin A: 51.27IU (1.03%)