



Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound .5 can cannellini beans uncooked
- 2 tablespoons sage fresh chopped
- 2 cloves garlic minced
- 1 cup olive oil extra virgin extra-virgin
- 6 servings salt

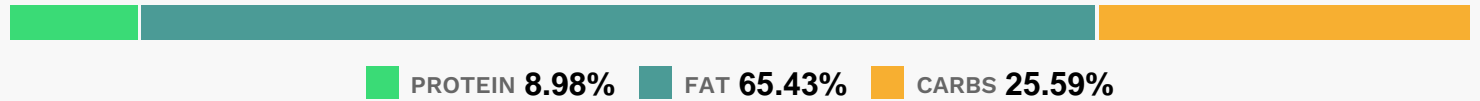
Equipment

- pot

Directions

- Soak the beans in salted water overnight.
- Rinse and add new water to cover. In a 2-quart pot, boil the beans over high heat until tender, or 20 to 25 minutes.
- Drain the beans and mash them with the olive oil until you achieve a creamy texture.
- Mix in the garlic and sage. Season with salt to taste.
- Serve cold.
- Italian Comfort Food
- Regan Books

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:6.2408695906887%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 95.26kcal (4.76%), Fat: 7.31g (11.24%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 275.47mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Copper: 6.07mg (303.29%), Manganese: 0.22mg (10.81%), Fiber: 1.98g (7.9%), Vitamin E: 1.04mg (6.92%), Iron: 1.1mg (6.11%), Vitamin K: 4.35µg (4.14%), Calcium: 37.79mg (3.78%)