



Blue Cheese-Bean Dip

READY IN



45 min.

SERVINGS



48

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 0.5 cup breadcrumbs soft toasted
- 30 ounce .5 can cannellini beans rinsed drained canned
- 0.5 teaspoon thyme leaves dried
- 0.3 cup evaporated milk fat-free
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves sliced
- 0.3 teaspoon ground sage

- 1 tablespoon parmesan cheese grated
- 0.3 teaspoon salt

Equipment

- food processor
- bowl
- baking sheet
- knife
- plastic wrap
- baking pan
- microwave

Directions

- Position knife blade in food processor bowl; add first 7 ingredients. Process until smooth; stir in cheeses.
- Spoon bean mixture into a shallow 1-quart baking dish coated with cooking spray. Cover with heavy-duty plastic wrap, and vent; microwave at HIGH 6 minutes, stirring every 2 minutes.
- Combine breadcrumbs and parsley; sprinkle over bean mixture.
- Serve dip with Melba toast rounds, pita wedges, or no-oil-baked tortilla chips.
- Note: Make 1/2 cup soft breadcrumbs by tearing 1 slice of fresh or slightly stale sandwich bread into small pieces. To toast breadcrumbs for this recipe, place them on a baking sheet; broil 2 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:1.8786956611211%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 31.94kcal (1.6%), Fat: 0.61g (0.95%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.94g (1.43%), Sugar: 0.31g (0.34%), Cholesterol: 1.48mg (0.49%), Sodium: 38.62mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Manganese: 0.11mg (5.39%), Fiber: 0.92g (3.67%), Iron: 0.62mg (3.44%), Vitamin K: 3.59µg (3.42%), Folate: 13.58µg (3.4%), Calcium: 27.48mg (2.75%), Phosphorus: 27.11mg (2.71%), Potassium: 92.96mg (2.66%), Magnesium: 10.42mg (2.61%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (1.97%), Zinc: 0.27mg (1.79%), Vitamin B2: 0.02mg (1.29%), Selenium: 0.83µg (1.19%)