



## Blue Cheese White Bean Dip

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 oz cheese blue crumbled
- 15.8 oz great northern beans rinsed drained canned
- 1 clove garlic finely chopped
- 2 tablespoons milk
- 2 tablespoons onion finely chopped
- 1 tablespoon parmesan cheese grated
- 0.5 teaspoon thyme leaves dried
- 1 bag tortilla chips

1 teaspoon worcestershire sauce

## Equipment

food processor

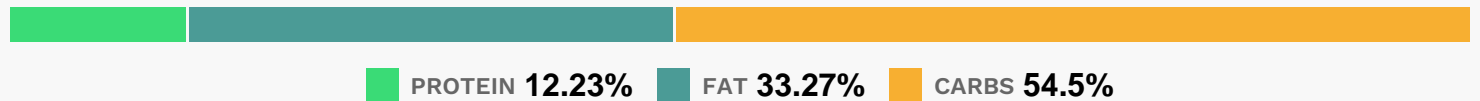
## Directions

On food processor, place all ingredients except chips. Cover; process with on-and-off pulses until smooth.

Garnish dip with extra crumbled blue cheese, if desired.

Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:8.2260869585949%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 279.48kcal (13.97%), Fat: 10.6g (16.31%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 34.17g (12.42%), Sugar: 0.7g (0.78%), Cholesterol: 6.31mg (2.1%), Sodium: 233.54mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Phosphorus: 200.68mg (20.07%), Fiber: 4.91g (19.64%), Magnesium: 64.15mg (16.04%), Folate: 53.21µg (13.3%), Calcium: 121mg (12.1%), Manganese: 0.24mg (12.07%), Vitamin B1: 0.14mg (9.42%), Vitamin E: 1.4mg (9.31%), Iron: 1.57mg (8.71%), Potassium: 304.11mg (8.69%), Vitamin K: 8.34µg (7.94%), Selenium: 5.39µg (7.7%), Zinc: 1.14mg (7.62%), Vitamin B5: 0.76mg (7.61%), Vitamin B6: 0.15mg (7.58%), Copper: 0.13mg (6.74%), Vitamin B2: 0.1mg (5.76%), Vitamin B3: 0.67mg (3.37%), Vitamin B12: 0.12µg (1.92%), Vitamin C: 1.33mg (1.61%), Vitamin A: 73.34IU (1.47%)