



Cannellini Bean Dip

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 30 ounce cannellini beans drained and rinsed canned
- 3 tablespoons chives fresh finely chopped
- 1 medium garlic clove coarsely chopped
- 1 teaspoon kosher salt
- 0.5 cup olive oil
- 1 tablespoon citrus champagne vinegar
- 1 tablespoon worcestershire sauce

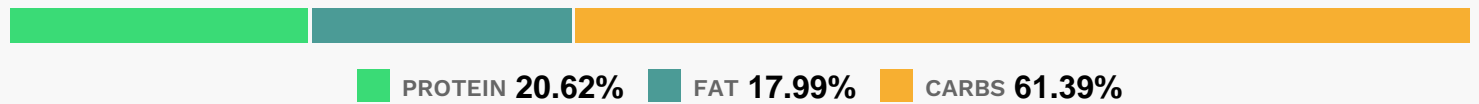
Equipment

- food processor
- bowl

Directions

- Place beans, vinegar, Worcestershire, garlic, salt, and pepper in the bowl of a food processor. With the motor running, add oil in a thin stream until completely incorporated and mixture is smooth, about 1 minute.
- Add chives and pulse 5 times to evenly incorporate.
- Serve with wheat crackers, radishes, or cucumber and carrot sticks.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:5.46, Inflammation Score:-4, Nutrition Score:8.2543478219405%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 148.26kcal (7.41%), Fat: 3.02g (4.65%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 18.03g (6.56%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 323.95mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Manganese: 0.58mg (28.78%), Fiber: 5.17g (20.68%), Iron: 3.35mg (18.63%), Folate: 70.49µg (17.62%), Potassium: 506.96mg (14.48%), Magnesium: 55.36mg (13.84%), Copper: 0.26mg (12.79%), Phosphorus: 99.59mg (9.96%), Calcium: 82.47mg (8.25%), Vitamin E: 1.23mg (8.23%), Zinc: 1.21mg (8.05%), Vitamin B1: 0.11mg (7.02%), Vitamin K: 7.34µg (6.99%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.04mg (2.59%), Selenium: 1.78µg (2.55%), Vitamin B5: 0.2mg (2.04%), Vitamin C: 1.06mg (1.28%), Vitamin A: 51.37IU (1.03%)