



Cannellini Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



20 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 15.5 ounce .5 can cannellini beans rinsed drained canned
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons onion red minced
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon water

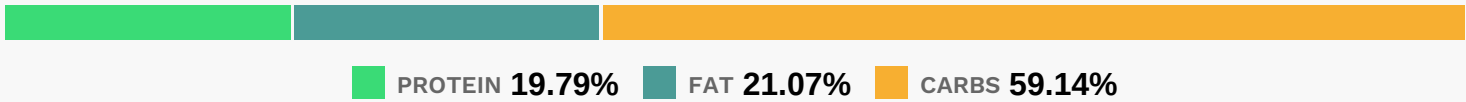
Equipment

☐ food processor

Directions

- ☐ Place all ingredients in a food processor; process to a spreadable consistency. Cover and chill until ready to serve.
- ☐ Serve with whole wheat pita chips or raw vegetables (chips and vegetables not included in analysis).
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.16521737433%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 20.04kcal (1%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.08g (0.08%), Cholesterol: 0mg (0%), Sodium: 19mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Manganese: 0.07mg (3.72%), Fiber: 0.68g (2.72%), Vitamin K: 2.73µg (2.6%), Iron: 0.42mg (2.36%), Folate: 9.3µg (2.33%), Potassium: 64.76mg (1.85%), Magnesium: 7.19mg (1.8%), Copper: 0.03mg (1.64%), Phosphorus: 12.93mg (1.29%), Vitamin E: 0.17mg (1.15%), Calcium: 10.59mg (1.06%), Zinc: 0.16mg (1.05%)