



## Caramelized Onion And White Bean Spread

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



50 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 19 ounce .5 can cannellini beans rinsed drained canned
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon juice of lemon
- 2 teaspoons olive oil
- 1.5 cups onion chopped
- 0.5 teaspoon bottled roasted garlic minced
- 0.3 teaspoon salt

- 0.3 cup vegetable broth
- 0.3 teaspoon worcestershire sauce

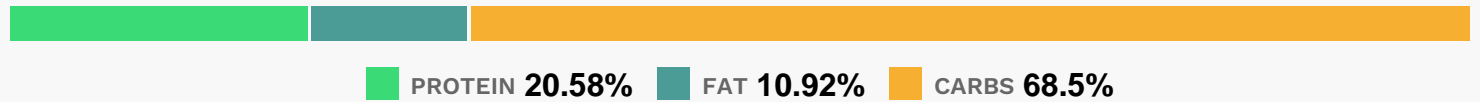
## Equipment

- food processor
- frying pan

## Directions

- Heat oil in a nonstick skillet coated with cooking spray over medium heat.
- Add onion and thyme; cook 10 minutes or until golden brown, stirring frequently.
- Combine beans and next 6 ingredients in a food processor; add onion mixture, and pulse until coarsely pureed.
- Garnish with chives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:10.31, Glycemic Load:2.05, Inflammation Score:-2, Nutrition Score:2.9160869665768%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 49.53kcal (2.48%), Fat: 0.62g (0.95%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.84g (2.49%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 54.58mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Manganese: 0.2mg (9.95%), Fiber: 1.89g (7.56%), Folate: 25.02µg (6.25%), Iron: 1.09mg (6.05%), Potassium: 177.31mg (5.07%), Magnesium: 18.86mg (4.71%), Copper: 0.09mg (4.25%), Phosphorus: 35.35mg (3.53%), Calcium: 29.04mg (2.9%), Zinc: 0.41mg (2.71%), Vitamin B1: 0.04mg (2.66%), Vitamin E: 0.34mg (2.3%), Vitamin B6: 0.05mg (2.25%), Vitamin C: 1.53mg (1.85%), Vitamin K:

1.9µg (1.81%)