



Celery with Creamy White Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce .5 can cannellini beans drained canned
- ☐ 6 to 8 celery stalks cut lengthwise into thin strips, 1/4-inch by 6-inches long
- ☐ 1 large clove garlic chopped
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 cup basil olive oil as needed plus more flavored
- ☐ 1 small onion yellow chopped

Equipment

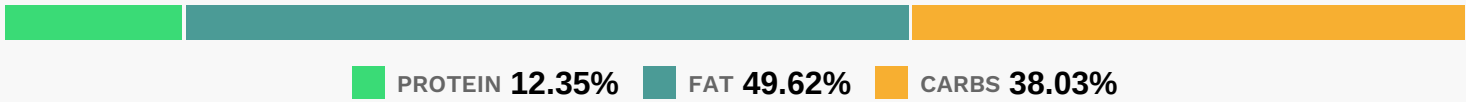
- ☐ food processor

☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onions and garlic and cook until very soft, but not brown, about 10 minutes.
- ☐ Add the beans and 1/4 cup reserved liquid from the can and season well with salt and pepper. Raise heat to medium-high and continue cooking until beans begin to break down, about 5 minutes. Cool slightly and transfer the mixture to a food processor and puree, drizzling in more reserved liquid, if needed, until it is the consistency of thick hummus. Taste and adjust seasoning.
- ☐ Transfer to a wide, tall glass and drizzle with additional basil oil before serving.
- ☐ To serve, stand the celery stalks upright in the dip. (Choose a container that's small enough with high sides to allow the celery to stand upright).

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:5.68, Inflammation Score:-4, Nutrition Score:9.0426087431286%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 245.45kcal (12.27%), Fat: 13.83g (21.28%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 18.51g (6.73%), Sugar: 1.13g (1.25%), Cholesterol: 0mg (0%), Sodium: 204.83mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Manganese: 0.57mg (28.55%), Fiber: 5.34g (21.37%), Vitamin E: 2.78mg (18.51%), Folate: 72.31µg (18.08%), Iron: 3.21mg (17.84%), Potassium: 510.89mg (14.6%), Magnesium: 55.01mg (13.75%), Copper: 0.25mg (12.49%), Vitamin K: 12.95µg (12.33%), Phosphorus: 101.18mg (10.12%), Calcium: 83.06mg (8.31%), Zinc: 1.2mg (7.98%), Vitamin B1: 0.11mg (7.3%), Vitamin B6: 0.11mg (5.59%), Vitamin B2: 0.05mg (2.76%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.23mg (2.31%), Vitamin C: 1.72mg (2.08%)