



Chorizo-and-White Bean Dip

 Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



510 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 31 ounce .5 can cannellini beans rinsed drained
- 4 ounce chorizo crumbled chopped
- 5 servings round buttery crackers
- 4 garlic clove coarsely chopped
- 4 tablespoons juice of lemon fresh
- 7 tablespoons olive oil divided
- 0.5 cup parsley fresh packed

- 5 servings savory vegetable fresh sliced
- 0.5 teaspoon sea salt

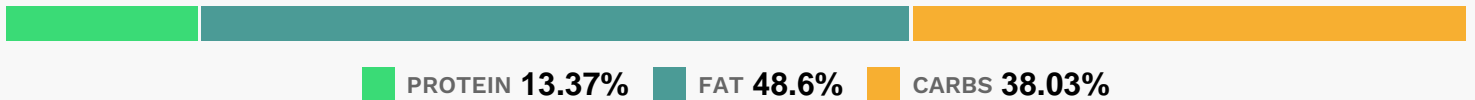
Equipment

- food processor
- bowl
- frying pan
- paper towels

Directions

- Heat 3 tablespoons olive oil in a skillet over medium-high heat.
- Add chorizo, and saut 3 minutes or until golden brown and crisp. Set aside to drain on paper towels.
- Place remaining 1/4 cup olive oil and remaining ingredients in a food processor; pulse until mixture is coarsely chopped.
- Transfer to a serving bowl, and sprinkle with chorizo.
- Serve with sliced vegetables or crackers.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:4.18, Inflammation Score:-10, Nutrition Score:20.17260873836%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 510.45kcal (25.52%), Fat: 29.15g (44.84%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 38.55g (14.02%), Sugar: 1.68g (1.87%), Cholesterol: 14.17mg (4.72%), Sodium: 798.88mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.07%), Vitamin K: 118.57µg (112.92%), Vitamin A: 5209.45IU (104.19%), Fiber: 12.76g (51.05%), Iron: 6.37mg (35.38%), Vitamin C: 22.84mg (27.68%), Vitamin E: 3.45mg (22.99%), Manganese: 0.39mg (19.29%), Calcium: 167.42mg (16.74%), Vitamin B1: 0.19mg (12.99%), Folate: 49.54µg (12.38%), Phosphorus: 105.8mg (10.58%), Vitamin B3: 2.03mg (10.14%), Potassium: 270.09mg (7.72%), Vitamin B2: 0.13mg (7.67%), Magnesium: 29.55mg (7.39%), Vitamin B6: 0.14mg (6.91%), Copper: 0.13mg (6.27%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.26mg (2.64%), Selenium: 1.47µg (2.1%)