



Cod, Artichoke, and White Bean Dip



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts rinsed drained canned
- ☐ 5 servings pepper black freshly ground to taste
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 pound cod white cooked
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 large garlic clove coarsely chopped
- ☐ 1 slices garnish: lemon rosemary sprigs fresh
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1.5 teaspoons lemon zest
- ☐ 15 ounce navy beans white rinsed drained canned
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 5 servings salt to taste

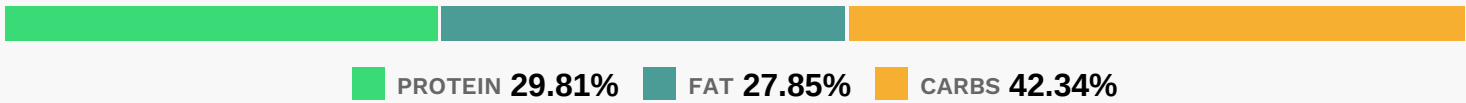
Equipment

- ☐ food processor

Directions

- ☐ Process garlic and 1 teaspoon rosemary in a food processor until finely chopped.
- ☐ Add olive oil and next 5 ingredients; process until smooth, stopping to scrape down sides.
- ☐ Add cod, salt, and black pepper; pulse just until well blended.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:10.138695667619%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 205.12kcal (10.26%), Fat: 6.31g (9.71%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 15.85g (5.76%), Sugar: 1.15g (1.28%), Cholesterol: 19.5mg (6.5%), Sodium: 892.8mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Selenium: 20.06µg (28.66%), Fiber: 5.74g (22.98%), Phosphorus: 208.3mg (20.83%), Manganese: 0.35mg (17.59%), Folate: 58.05µg (14.51%), Magnesium: 55.65mg (13.91%), Potassium: 449.41mg (12.84%), Vitamin E: 1.79mg (11.96%), Vitamin B6: 0.21mg (10.7%), Vitamin B1: 0.16mg (10.6%), Iron: 1.82mg (10.14%), Copper: 0.2mg (9.78%), Vitamin C: 6.28mg (7.61%), Vitamin B12: 0.41µg

(6.88%), Vitamin B3: 1.37mg (6.86%), Zinc: 0.88mg (5.84%), Vitamin K: 6.1µg (5.81%), Calcium: 50.78mg (5.08%),
Vitamin B2: 0.08mg (4.69%), Vitamin D: 0.41µg (2.72%), Vitamin B5: 0.24mg (2.37%)