



Creamy White Bean Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 small garlic clove coarsely chopped
- 0.5 juice of lemon juiced
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 0.3 cup yogurt plain
- 0.8 cup beans white cooked

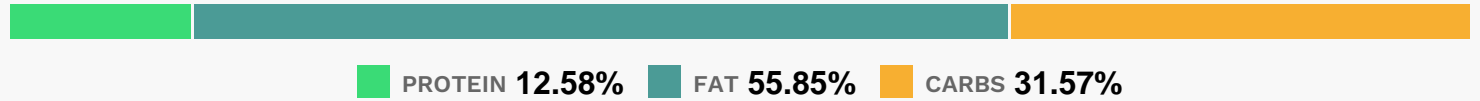
Equipment

- food processor

Directions

- Puree the white beans, garlic, yogurt, lemon juice, and olive oil in a mini food processor until very smooth. Taste and season with salt and pepper.
- Serve with falafel or as a salad dressing;

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:4.145217395671%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 120.07kcal (6%), Fat: 7.63g (11.74%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.54g (2.74%), Sugar: 0.93g (1.03%), Cholesterol: 1.99mg (0.66%), Sodium: 9.38mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Manganese: 0.24mg (11.99%), Vitamin E: 1.34mg (8.93%), Fiber: 2.17g (8.67%), Iron: 1.31mg (7.3%), Folate: 29.05µg (7.26%), Potassium: 220.29mg (6.29%), Magnesium: 23.57mg (5.89%), Phosphorus: 54.08mg (5.41%), Vitamin K: 5.6µg (5.33%), Copper: 0.1mg (5.09%), Calcium: 50.83mg (5.08%), Zinc: 0.57mg (3.77%), Vitamin B1: 0.05mg (3.1%), Vitamin B6: 0.05mg (2.37%), Vitamin B2: 0.04mg (2.28%), Vitamin C: 1.76mg (2.14%), Vitamin B5: 0.15mg (1.47%), Selenium: 0.89µg (1.27%)