



Garlicky White Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 oz beans white drained and rinsed canned
- ☐ 1 garlic cloves peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh very finely chopped
- ☐ 9 servings salt and pepper black freshly ground

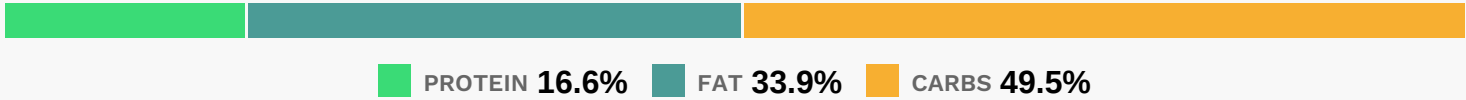
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, whirl garlic until finely chopped. Scrape down the inside of the bowl and add beans, olive oil, and lemon zest and juice. Whirl until smooth and blended.
- ☐ Transfer dip to a small bowl. Stir in oregano, then season to taste with salt and pepper.
- ☐ Serve with pita bread and assorted fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:7.7708696237077%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 163.41kcal (8.17%), Fat: 6.31g (9.7%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 15.9g (5.78%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Manganese: 0.53mg (26.65%), Fiber: 4.82g (19.28%), Iron: 3.08mg (17.12%), Folate: 63.12µg (15.78%), Potassium: 440.64mg (12.59%), Magnesium: 50.07mg (12.52%), Vitamin E: 1.72mg (11.44%), Copper: 0.23mg (11.27%), Vitamin K: 9.98µg (9.5%), Phosphorus: 87.63mg (8.76%), Calcium: 79.21mg (7.92%), Zinc: 1.08mg (7.2%), Vitamin B1: 0.09mg (6.2%), Vitamin B6: 0.08mg (4.1%), Vitamin B2: 0.04mg (2.28%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.19mg (1.86%), Vitamin C: 0.91mg (1.1%)