



WHATSheATE



## Layered Lima Bean Dip



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 slices bacon crumbled cooked
- ☐ 1 small cucumber diced seeded
- ☐ 2 cups yogurt plain low-fat
- ☐ 8 servings lima bean mash
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 oz sharp cheddar cheese 1.5% freshly grated reduced-fat
- ☐ 0.5 cup tomatoes diced seeded

☐ 1 slices vegetable   assorted

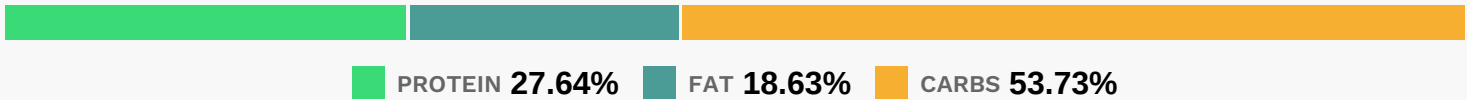
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ plastic wrap

## Directions

- ☐ Preheat oven to 35
- ☐ Line a fine wire-mesh strainer with 1 coffee filter.
- ☐ Place strainer over a bowl; spoon yogurt into strainer. Cover yogurt with plastic wrap, and chill 2 hours.
- ☐ Meanwhile, cut baguette into 1/4-inch slices, and place on a baking sheet. Lightly coat 1 side of bread with cooking spray, and sprinkle with pepper.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted.
- ☐ Spoon yogurt into a bowl, discarding strained liquid. (Yogurt will be thick.) Stir in cucumber and salt.
- ☐ Spread Lima Bean Mash on bottom of a 9-inch deep-dish pie plate.
- ☐ Spread yogurt mixture over Lima Bean Mash. Top with cheese, tomato, and bacon.
- ☐ Serve with toasted bread slices and assorted vegetable slices.

## Nutrition Facts



## Properties

Glycemic Index:23.56, Glycemic Load:3.94, Inflammation Score:-4, Nutrition Score:11.032173963992%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 170.43kcal (8.52%), Fat: 3.59g (5.52%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 16.99g (6.18%), Sugar: 7.34g (8.15%), Cholesterol: 10.19mg (3.4%), Sodium: 191.79mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Fiber: 6.31g (25.23%), Manganese: 0.49mg (24.43%), Phosphorus: 218.18mg (21.82%), Folate: 83.08µg (20.77%), Potassium: 648.78mg (18.54%), Calcium: 156.42mg (15.64%), Magnesium: 52.92mg (13.23%), Vitamin B1: 0.19mg (12.87%), Iron: 2.22mg (12.34%), Vitamin B2: 0.21mg (12.24%), Selenium: 8.44µg (12.06%), Copper: 0.24mg (11.79%), Zinc: 1.64mg (10.9%), Vitamin B6: 0.2mg (10.25%), Vitamin B5: 0.83mg (8.31%), Vitamin B12: 0.41µg (6.89%), Vitamin K: 4.29µg (4.09%), Vitamin B3: 0.81mg (4.07%), Vitamin A: 166.68IU (3.33%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.27mg (1.8%)