



Lemon-Garlic White-Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 oz beans white drained and rinsed canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 8 servings potato chips homemade
- ☐ 8 servings salt and pepper

- ☐ 8 servings frangelico assorted
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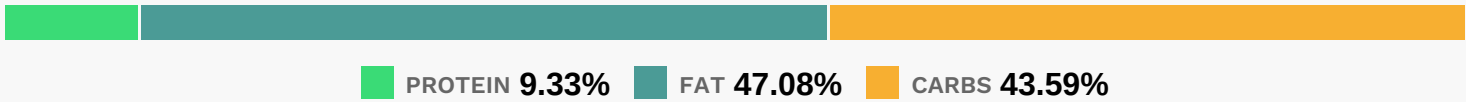
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, process beans, garlic, lemon zest and juice, 1/2 tsp. salt, 1/4 tsp. pepper and oil until smooth. Pulse in parsley. Season with additional salt and pepper, if desired. Cover; chill for 30 minutes.
- ☐ Serve with crudits or chips, if desired.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:9.5908695666686%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 245.55kcal (12.28%), Fat: 13.2g (20.31%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 23.86g (8.67%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 344.72mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin E: 3.86mg (25.75%), Manganese: 0.49mg (24.47%), Vitamin K: 18.11µg (17.24%), Potassium: 597.79mg (17.08%), Fiber: 3.64g (14.54%), Vitamin B5: 1.33mg (13.35%), Magnesium: 46.53mg (11.63%), Iron: 2.08mg (11.56%), Vitamin C: 9.48mg (11.49%), Folate: 45.46µg (11.37%), Vitamin B6: 0.21mg (10.36%), Copper: 0.2mg (9.92%), Phosphorus: 95.22mg (9.52%), Vitamin B1: 0.12mg (7.76%), Vitamin B3: 1.42mg (7.08%), Zinc: 0.94mg (6.29%), Calcium: 50.09mg (5.01%), Vitamin B2: 0.05mg (2.81%), Selenium: 1.75µg (2.5%)