



WHATSheATE



Lighter Creamy White Bean Dip



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



7

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 15.5 ounce .5 can cannellini beans rinsed drained canned
- ☐ 7 servings chives chopped for garnish
- ☐ 0.7 cup percent cottage cheese reduced-fat
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 7 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons olive oil
- ☐ 1 pinch paprika smoked sweet

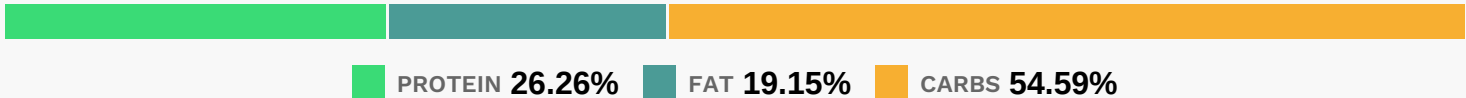
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine the cottage cheese, vinegar, thyme, beans, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor. Puree until smooth, scraping down the sides of the bowl as needed. Chill 30 minutes to 1 hour.
- ☐ Transfer to a serving bowl and drizzle with the olive oil, sprinkle with the paprika and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:5.7956522055294%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 102.87kcal (5.14%), Fat: 2.22g (3.41%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 11.09g (4.03%), Sugar: 0.76g (0.84%), Cholesterol: 3.4mg (1.13%), Sodium: 66.46mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Manganese: 0.35mg (17.67%), Fiber: 3.14g (12.56%), Iron: 2.05mg (11.37%), Folate: 44.54µg (11.13%), Phosphorus: 90.43mg (9.04%), Potassium: 315.5mg (9.01%), Magnesium: 34.72mg (8.68%), Copper: 0.16mg (7.81%), Calcium: 65.63mg (6.56%), Vitamin K: 6.14µg (5.85%), Zinc: 0.8mg (5.34%), Vitamin E: 0.73mg (4.84%), Vitamin B1: 0.07mg (4.49%), Selenium: 2.97µg (4.25%), Vitamin B2: 0.06mg (3.48%), Vitamin B6: 0.06mg (3.07%), Vitamin A: 145.15IU (2.9%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.09µg (1.43%)