



Lima Bean Dip

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon crumbled cooked
- ☐ 0.3 cup parsley fresh loosely packed
- ☐ 2 cloves garlic
- ☐ 0.5 juice of lemon grated
- ☐ 10 ounce lima beans *soaked overnight frozen
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings pita chips and/or vegetable sticks for serving

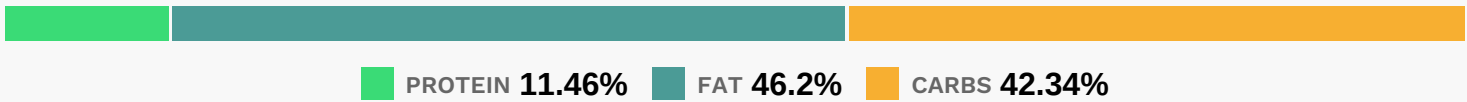
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a saucepan of salted water to a boil.
- ☐ Add the lima beans and garlic and simmer until tender, 18 to 20 minutes.
- ☐ Drain and rinse under cold water to cool slightly (the beans should be warm but not hot).
- ☐ Pulse the lima beans, garlic, parsley, lemon zest, lemon juice and 1 1/2 teaspoons salt in a food processor until just combined. With the motor running, pour in the olive oil and process until incorporated but still slightly chunky.
- ☐ Transfer to a bowl and top with the bacon.
- ☐ Serve warm or at room temperature with pita chips and/or vegetable sticks.
- ☐ Buy lima beans frozen: They're bright green and buttery tasting. The olive-colored, mushy lima beans you remember from childhood were probably canned.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:2.18, Inflammation Score:-5, Nutrition Score:11.391304375361%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 277.28kcal (13.86%), Fat: 14.4g (22.16%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 25.21g (9.17%), Sugar: 2.8g (3.11%), Cholesterol: 2.64mg (0.88%), Sodium: 286.64mg (12.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin K: 47.72µg (45.44%), Manganese: 0.45mg (22.45%), Vitamin E: 3.36mg (22.37%), Folate: 81.35µg (20.34%), Selenium: 12.89µg (18.42%), Fiber: 4.48g (17.93%), Vitamin B1: 0.25mg (16.84%), Iron: 2.66mg (14.8%), Vitamin B3: 2.49mg (12.46%), Phosphorus: 100.69mg (10.07%), Potassium: 309.98mg (8.86%), Magnesium: 33.15mg (8.29%), Copper: 0.16mg (8.02%), Vitamin B2: 0.12mg (7.18%), Vitamin B6: 0.14mg (6.83%), Zinc: 0.84mg (5.59%), Vitamin C: 4.6mg (5.58%), Vitamin A: 211.83IU (4.24%), Vitamin B5: 0.39mg (3.88%), Calcium: 18.59mg (1.86%)