



Love Your Lima Beans Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound baby lima beans frozen
- 1 garlic clove
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 0.8 teaspoon salt
- 3 tablespoons sesame seed toasted

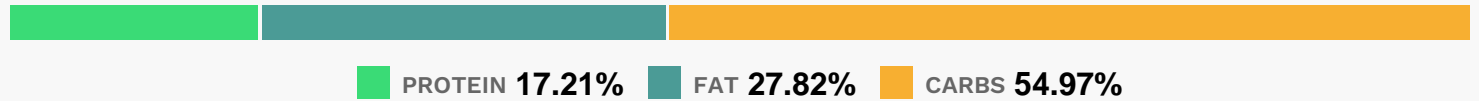
Equipment

- blender

Directions

- Cook beans in boiling water 10 minutes or until very tender.
- Drain, reserving 1/2 cup cooking liquid.
- Place sesame seeds in a blender; process until finely ground.
- Add juice and remaining ingredients; process until blended.
- Add beans and 1/2 cup reserved liquid; process until almost smooth, scraping sides of blender occasionally.
- Serve the dip with tender raw vegetables like pea pods and cucumber halves or slightly steamed carrot sticks and broccoli florets.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.9173912794694%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.74kcal (5.49%), Fat: 3.51g (5.4%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 11.82g (4.3%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 248mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Manganese: 0.48mg (23.98%), Fiber: 3.79g (15.15%), Copper: 0.2mg (9.88%), Magnesium: 39.44mg (9.86%), Iron: 1.71mg (9.52%), Vitamin C: 7.77mg (9.42%), Potassium: 279.74mg (7.99%), Phosphorus: 79.02mg (7.9%), Vitamin B6: 0.12mg (6.13%), Vitamin B1: 0.09mg (6.06%), Folate: 20.32µg (5.08%), Calcium: 50.38mg (5.04%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.73mg (3.63%), Selenium: 2.28µg (3.26%), Vitamin B2: 0.05mg (3.03%), Vitamin A: 107.92IU (2.16%), Vitamin E: 0.27mg (1.81%), Vitamin B5: 0.12mg (1.2%), Vitamin K: 1.06µg (1.01%)