



Online Round 2 - Bean Dip

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 2 cups reserved butter beans from fried pork chops recipe
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 pinch salt and pepper black freshly ground

☐ 0.3 cup water

Equipment

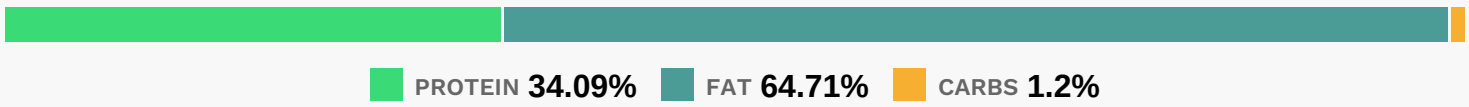
☐ food processor

☐ bowl

Directions

- ☐ In the bowl of a food processor, pulse together the beans and 1/4 cup water.
- ☐ Add all the remaining ingredients, except the olive oil, and pulse until smooth. Slowly pour in the olive oil with machine running and blend until smooth.
- ☐ Transfer to a bowl and serve with pita chips or crackers.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:15.173913047366%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 316.2kcal (15.81%), Fat: 22.4g (34.46%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.14g (0.16%), Cholesterol: 80.96mg (26.99%), Sodium: 100.23mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.09%), Selenium: 39.96µg (57.09%), Vitamin B1: 0.79mg (52.97%), Vitamin B3: 9.49mg (47.47%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 288.26mg (28.83%), Vitamin E: 2.17mg (14.44%), Vitamin B2: 0.23mg (13.61%), Potassium: 459.27mg (13.12%), Zinc: 1.94mg (12.91%), Vitamin K: 12.52µg (11.92%), Vitamin B12: 0.66µg (10.95%), Vitamin B5: 0.89mg (8.89%), Magnesium: 33.47mg (8.37%), Calcium: 43.69mg (4.37%), Iron: 0.77mg (4.29%), Copper: 0.08mg (4%), Vitamin D: 0.49µg (3.24%), Manganese: 0.05mg (2.56%), Vitamin C: 2.1mg (2.55%), Vitamin A: 114.57IU (2.29%)