



Opposing-Sides Two-Bean Dip

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 15 ounce black beans drained canned
- ☐ 16 ounce cannellini beans drained canned
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 2 small garlic cloves divided
- ☐ 0.3 cup green onion tops sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 ounces cheddar cheese shredded reduced-fat finely
- ☐ 0.5 cup onion divided chopped

- ☐ 3 tablespoons parmesan cheese grated
- ☐ 12 servings garlic pita chips
- ☐ 0.5 teaspoon salt divided

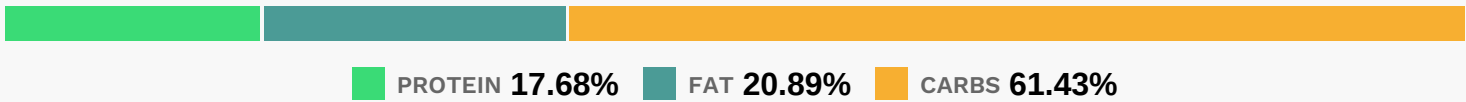
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine the Great Northern beans, 1/4 cup chopped onion, Parmesan cheese, 1/4 teaspoon salt, 1/4 teaspoon pepper, and 1 garlic clove in a food processor; process until smooth. Spoon white bean mixture into a bowl on one side; set aside.
- ☐ Combine the black beans, 1/4 cup chopped onion, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1 garlic clove, chiles, and cumin in a food processor; process until smooth. Spoon black bean mixture into other side of bowl containing white bean mixture.
- ☐ Sprinkle cheddar cheese and green onions between 2 bean dips.
- ☐ Serve with Garlic Pita Chips.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:10.419130475949%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 223.41kcal (11.17%), Fat: 5.24g (8.06%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 28.94g (10.52%), Sugar: 1.7g (1.88%), Cholesterol: 2.08mg (0.69%), Sodium: 567.37mg (24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Folate: 99µg (24.75%), Fiber: 5.75g (22.98%), Manganese: 0.45mg (22.72%), Selenium: 12.56µg (17.94%), Vitamin B1: 0.27mg (17.87%), Phosphorus: 160.17mg

(16.02%), Iron: 2.81mg (15.6%), Vitamin E: 1.97mg (13.1%), Vitamin B3: 2.46mg (12.3%), Magnesium: 45.17mg (11.29%), Vitamin B2: 0.17mg (10.2%), Potassium: 314.73mg (8.99%), Copper: 0.18mg (8.84%), Calcium: 76.44mg (7.64%), Vitamin C: 6.13mg (7.43%), Vitamin B6: 0.12mg (6.09%), Zinc: 0.88mg (5.89%), Vitamin K: 4.87µg (4.64%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 57.34IU (1.15%)