



Parmesan-White Bean Dip

 Gluten Free

READY IN



15 min.

SERVINGS



28

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon canola oil
- 2 cloves garlic finely chopped
- 2 teaspoons thyme leaves dried fresh chopped
- 19 oz cannellini beans rinsed drained canned
- 0.3 cup chicken broth (from 32-oz carton)
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 3.8 oz parmesan shredded
- 84 celery stalks

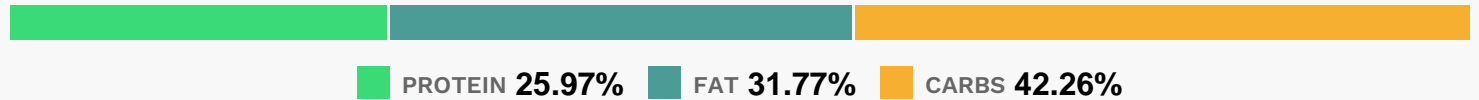
Equipment

- sauce pan
- potato masher

Directions

- In heavy 2-quart saucepan, heat oil over medium heat.
- Add garlic and thyme; cook 1 to 2 minutes, stirring constantly, until garlic is light golden.
- Remove from heat.
- Add beans and broth to saucepan. Partially mash beans with potato masher. Stir in parsley.
- Heat over medium-low heat, stirring occasionally, until bean mixture is thoroughly heated. Stir in cheese until melted.
- Serve warm with carrot sticks.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:1.09, Inflammation Score:-3, Nutrition Score:2.8208695559398%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 43.65kcal (2.18%), Fat: 1.57g (2.41%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.26g (0.29%), Cholesterol: 2.64mg (0.88%), Sodium: 81.98mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin K: 9.18µg (8.75%), Calcium: 65.27mg (6.53%), Manganese: 0.12mg (6%), Phosphorus: 47.49mg (4.75%), Fiber: 1.15g (4.6%), Folate: 17.59µg (4.4%), Iron: 0.68mg (3.77%), Potassium: 125.85mg (3.6%), Magnesium: 13.25mg (3.31%), Copper: 0.05mg (2.62%), Zinc: 0.35mg (2.3%), Vitamin A: 114.46IU (2.29%), Vitamin E: 0.28mg (1.89%), Selenium: 1.25µg (1.79%), Vitamin B2: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.59%), Vitamin B6: 0.03mg (1.51%), Vitamin C: 1.05mg (1.27%)