



Parmesan-White Bean Dip

 Gluten Free

READY IN



15 min.

SERVINGS



28

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

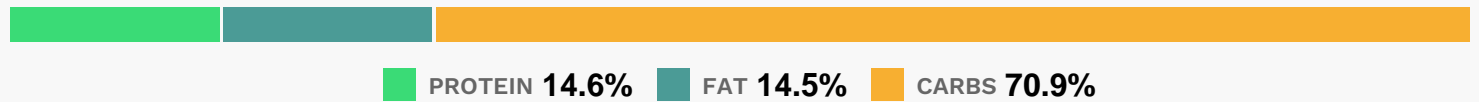
Equipment

- 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:5.96, Glycemic Load:6.84, Inflammation Score:-10, Nutrition Score:14.065652199413%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 116.85kcal (5.84%), Fat: 1.98g (3.05%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 15.77g (5.74%), Sugar: 8.78g (9.75%), Cholesterol: 2.64mg (0.88%), Sodium: 198.63mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin A: 30625.78IU (612.52%), Vitamin K: 29.82µg (28.4%), Fiber: 6.06g (24.25%), Potassium: 679.38mg (19.41%), Manganese: 0.37mg (18.34%), Vitamin B6: 0.27mg (13.67%), Vitamin C: 11.24mg (13.63%), Calcium: 120.28mg (12.03%), Folate: 47.98µg (12%), Phosphorus: 108.51mg (10.85%), Vitamin E: 1.46mg (9.73%), Vitamin B1: 0.14mg (9.47%), Vitamin B3: 1.84mg (9.21%), Magnesium: 33.67mg (8.42%), Vitamin B2: 0.13mg (7.53%), Iron: 1.18mg (6.55%), Copper: 0.13mg (6.48%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.77mg (5.11%), Selenium: 1.39µg (1.98%)