



Roasted Red Pepper and Cannellini Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 16 ounce .5 can cannellini beans rinsed drained canned
- 2 tablespoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 1 large garlic clove
- 7 ounce roasted bell peppers red rinsed drained
- 0.5 teaspoon salt

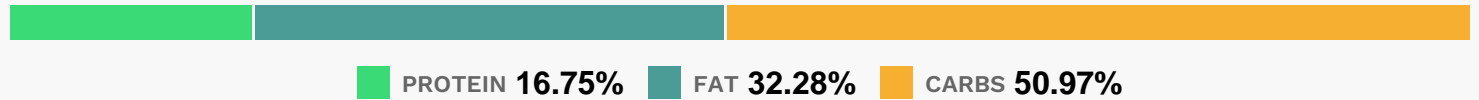
Equipment

food processor

Directions

Place first 5 ingredients in a food processor; process until smooth. With processor on, slowly add oil through food chute. Stir in salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:2.99, Inflammation Score:-4, Nutrition Score:5.9917391279469%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.64kcal (5.08%), Fat: 3.75g (5.77%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 10.25g (3.73%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 488.1mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.36mg (18.19%), Vitamin C: 11.79mg (14.29%), Fiber: 3.07g (12.28%), Iron: 1.96mg (10.9%), Folate: 41.37µg (10.34%), Potassium: 299.77mg (8.56%), Copper: 0.17mg (8.49%), Magnesium: 32.51mg (8.13%), Vitamin K: 7.07µg (6.74%), Vitamin E: 0.96mg (6.4%), Phosphorus: 57.87mg (5.79%), Calcium: 54.41mg (5.44%), Vitamin B6: 0.09mg (4.64%), Zinc: 0.69mg (4.62%), Vitamin B1: 0.06mg (4.12%), Vitamin A: 169.27IU (3.39%), Vitamin B2: 0.03mg (1.74%), Selenium: 1.04µg (1.49%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.21mg (1.06%)