



## Rosemary and Garlic White Bean Dip

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 30 ounce .5 can cannellini beans rinsed drained canned
- 2 tablespoons rosemary leaves fresh
- 4 garlic cloves sliced
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 12 servings pita chips
- 2 tablespoons water

### Equipment

food processor

frying pan

## Directions

Heat olive oil in a small skillet over medium heat; add garlic and fresh rosemary leaves. Cook until toasted (1-2 minutes).

Transfer toasted garlic and beans to a food processor with fresh lemon juice and water. Pure until smooth; drizzle with additional oil before serving, if desired. Eat with 1 ounce pita chips. Refrigerate remaining dip in airtight container up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:5.08, Glycemic Load:3.7, Inflammation Score:-4, Nutrition Score:9.6721739075754%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 231.86kcal (11.59%), Fat: 6.83g (10.5%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 30.18g (10.97%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 243.12mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Manganese: 0.57mg (28.45%), Folate: 84.76µg (21.19%), Iron: 3.46mg (19.21%), Vitamin E: 2.84mg (18.94%), Fiber: 4.54g (18.17%), Vitamin B1: 0.23mg (15.17%), Selenium: 10.55µg (15.07%), Magnesium: 47.23mg (11.81%), Potassium: 366.72mg (10.48%), Copper: 0.21mg (10.44%), Vitamin B3: 2.06mg (10.32%), Phosphorus: 101.17mg (10.12%), Zinc: 1.08mg (7.19%), Vitamin B2: 0.11mg (6.72%), Calcium: 59.61mg (5.96%), Vitamin B6: 0.1mg (4.92%), Vitamin K: 3.81µg (3.63%), Vitamin B5: 0.28mg (2.83%), Vitamin C: 1.35mg (1.64%)