



Rosemary-Garlic White Bean Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



8

CALORIES



95 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 15 ounce great northern beans rinsed drained canned
- 1 teaspoon rosemary leaves fresh finely chopped
- 4 garlic clove coarsely chopped
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 0.3 teaspoon salt

Equipment

- food processor

frying pan

Directions

- Heat oil in a small skillet over medium heat.
- Add garlic; saut 1 minute.
- Place garlic mixture, beans, and next 3 ingredients in a food processor; process until smooth.
- Serve immediately, or cover and chill until ready to serve.
- Garnish with rosemary sprig, if desired.

Nutrition Facts



PROTEIN 16.54% **FAT 34.43%** **CARBS 49.03%**

Properties

Glycemic Index:3.75, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.1243478478459%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 94.61kcal (4.73%), Fat: 3.72g (5.73%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 9.28g (3.38%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 75.16mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Manganese: 0.24mg (12.14%), Folate: 43.86µg (10.97%), Fiber: 2.65g (10.6%), Phosphorus: 74.89mg (7.49%), Magnesium: 27.72mg (6.93%), Potassium: 196.59mg (5.62%), Vitamin B1: 0.08mg (5.33%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.51%), Vitamin B6: 0.08mg (3.84%), Selenium: 2.4µg (3.42%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.61mg (3.17%), Calcium: 31.23mg (3.12%), Zinc: 0.37mg (2.43%), Vitamin K: 2.13µg (2.03%), Vitamin B2: 0.03mg (2.01%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.26mg (1.3%)