



Round 2 - Three Layer Bean Dip

READY IN



20 min.

SERVINGS



4

CALORIES



1114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons torn basil fresh
- 15 ounce .5 can cannellini beans drained and rinsed well canned
- 15 ounce beans red drained and rinsed well canned
- 15 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 8 ounce cream cheese softened
- 1 teaspoon garlic chopped
- 4 servings salt and ground pepper fresh
- 1 teaspoon penzey's southwest seasoning italian

- 1 of lemon zest
- 0.3 cup olive oil
- 3 pita pockets cut into 8 wedges
- 0.5 medium onion diced red
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper freshly ground
- 1 pound sausage 6-count package italian hot

Equipment

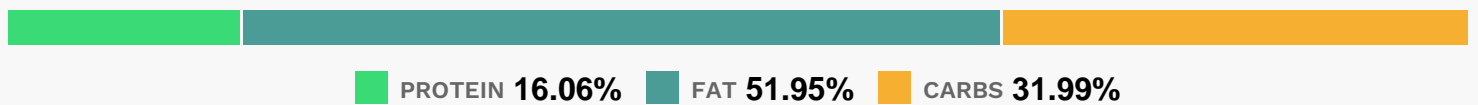
- food processor
- bowl
- baking sheet
- oven
- whisk
- grill

Directions

- Preheat the oven to 350 degrees F.
- Spread the pita wedges on a baking sheet. Toast in the oven until crispy, about 10 minutes.
- Let cool completely In a small bowl, combine the cream cheese and lemon zest and mix until smooth.
- Spread the cream cheese mixture into the bottom of a medium dip bowl. In the bowl of a food processor, combine the red beans, reserved dressing and a generous pinch of salt and pepper, and puree until smooth. If the mixture is too thick, then add a few tablespoons of water to thin.
- Spread the bean puree over the cream cheese mixture.
- Combine the reserved Tuscan Beans with the red onions and spoon on top of the pureed beans.
- Serve with toasted pita chips on the side.
- Preheat a grill over medium heat.

- Place the sausages on the grill and cook for 20 to 25 minutes, turning every 4 to 5 minutes. In a large bowl, whisk together the olive oil, red wine vinegar, garlic, Italian seasoning, reserved juice from the can of tomatoes and season with salt and pepper. Reserve 3 tablespoons of the dressing for the Round 2 Recipe Three
- Layer Bean Dip.
- Add the beans diced tomatoes, basil and toss to coat. Reserve 1 cup of the bean mixture for the Round 2 Recipe Three
- Layer Bean Dip.
- Serve the remaining beans with the grilled sausage.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:41.05, Inflammation Score:-9, Nutrition Score:37.628261151521%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 1114.03kcal (55.7%), Fat: 65g (100%), Saturated Fat: 23.65g (147.83%), Carbohydrates: 90.05g (30.02%), Net Carbohydrates: 70.3g (25.56%), Sugar: 11.52g (12.8%), Cholesterol: 138.91mg (46.3%), Sodium: 2198.95mg (95.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.21g (90.41%), Manganese: 1.64mg (81.97%), Fiber: 19.75g (79.01%), Phosphorus: 616.57mg (61.66%), Vitamin B1: 0.85mg (56.72%), Iron: 9.45mg (52.52%), Potassium: 1778.92mg (50.83%), Copper: 0.92mg (45.94%), Vitamin B3: 8.77mg (43.83%), Magnesium: 174.36mg (43.59%), Vitamin B6: 0.83mg (41.5%), Folate: 158.59µg (39.65%), Zinc: 5.94mg (39.61%), Vitamin E: 4.92mg (32.78%), Vitamin K: 34.34µg (32.71%), Vitamin B2: 0.55mg (32.52%), Calcium: 290.97mg (29.1%), Vitamin A: 1129.19IU (22.58%), Vitamin B5: 2.04mg (20.38%), Vitamin B12: 1.09µg (18.14%), Vitamin C: 13.75mg (16.67%), Selenium: 9.74µg (13.91%), Vitamin D: 1.47µg (9.83%)