



Salsa-Bean Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



487 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31 ounce .5 can cannellini beans rinsed drained canned
- ☐ 3 servings garnish: cilantro sprigs fresh
- ☐ 2 garlic cloves
- ☐ 4 green onions cut into 1 1/2-inch pieces
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup salsa

☐ 0.5 teaspoon salt

Equipment

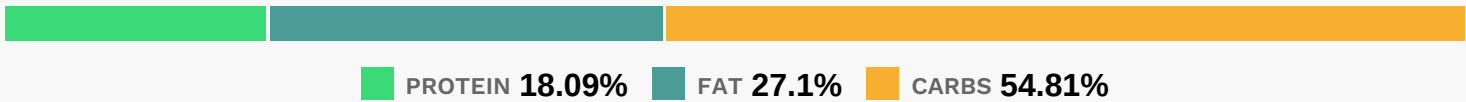
☐ food processor

☐ baking pan

Directions

- ☐ Process first 4 ingredients in a food processor until coarsely chopped.
- ☐ Add beans, mayonnaise, and lemon juice, and process until smooth, stopping to scrape down sides. Spoon into a shallow 9-inch round baking dish.
- ☐ Process salsa in food processor until smooth, stopping to scrape down sides. Spoon into center of bean mixture. Pull the point of a wooden pick through salsa toward edge of dish to create a starburst design.
- ☐ Serve chilled or at room temperature with tortilla chips.
- ☐ Garnish, if desired.
- ☐ Note: We preferred hot salsa.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:15.38, Inflammation Score:-8, Nutrition Score:27.477826330973%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 487.3kcal (24.37%), Fat: 15.06g (23.17%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 68.52g (22.84%), Net Carbohydrates: 53.12g (19.32%), Sugar: 3.52g (3.91%), Cholesterol: 7.84mg (2.61%), Sodium: 808.74mg (35.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.25%), Manganese: 1.63mg (81.65%),

Vitamin K: 74.22µg (70.69%), Fiber: 15.4g (61.59%), Iron: 9.49mg (52.74%), Folate: 207.54µg (51.89%), Potassium: 1525.19mg (43.58%), Magnesium: 162.26mg (40.57%), Copper: 0.74mg (36.86%), Phosphorus: 296.68mg (29.67%), Calcium: 247.25mg (24.72%), Vitamin E: 3.59mg (23.93%), Zinc: 3.51mg (23.39%), Vitamin B1: 0.32mg (21.21%), Vitamin B6: 0.34mg (17.15%), Vitamin C: 12.38mg (15%), Vitamin B2: 0.15mg (8.54%), Selenium: 5.93µg (8.47%), Vitamin A: 392.03IU (7.84%), Vitamin B5: 0.71mg (7.13%), Vitamin B3: 0.95mg (4.75%)