



Smashed bean dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g cannellini beans rinsed drained canned
- ☐ 400 g garbanzo beans rinsed drained canned
- ☐ 1 juice of lemon
- ☐ 2 garlic clove crushed
- ☐ 2 tsp ground cumin
- ☐ 100 ml greek yogurt

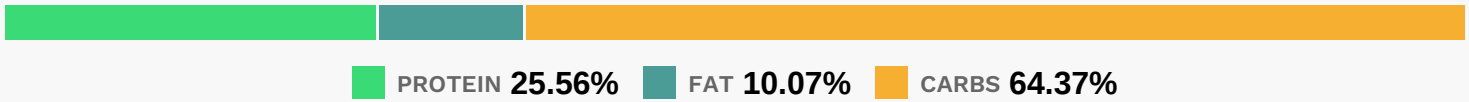
Equipment

- ☐ food processor

Directions

☐ Put half the beans and chickpeas into a food processor with the lemon juice, garlic, cumin and yogurt, then whizz until smooth. Tip in the rest of the beans and pulse once to get a very chunky dip. Stir in the lemon zest and plenty of seasoning, then divide between 4 containers and store in the fridge.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:8.91, Inflammation Score:-5, Nutrition Score:14.96086954293%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 222.53kcal (11.13%), Fat: 2.57g (3.95%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 27.56g (10.02%), Sugar: 1.21g (1.34%), Cholesterol: 1.06mg (0.35%), Sodium: 292.62mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Manganese: 1.39mg (69.71%), Fiber: 9.36g (37.44%), Vitamin B6: 0.59mg (29.4%), Iron: 4.93mg (27.39%), Folate: 93.12µg (23.28%), Magnesium: 84.81mg (21.2%), Phosphorus: 207.63mg (20.76%), Copper: 0.4mg (20.15%), Potassium: 659.42mg (18.84%), Calcium: 143.93mg (14.39%), Zinc: 1.99mg (13.27%), Vitamin B1: 0.14mg (9.58%), Selenium: 5.96µg (8.52%), Vitamin B2: 0.12mg (6.91%), Vitamin B5: 0.57mg (5.73%), Vitamin E: 0.84mg (5.59%), Vitamin C: 3.55mg (4.3%), Vitamin K: 2.98µg (2.84%), Vitamin B12: 0.15µg (2.47%), Vitamin B3: 0.35mg (1.75%)