



Southwest White Bean Spread

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



205 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 15.5 oz great northern beans rinsed drained canned
- 0.3 cup cilantro leaves fresh loosely packed
- 1 garlic clove
- 0.5 teaspoon ground cumin
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil
- 10 servings pita chips sliced
- 10 servings salt to taste

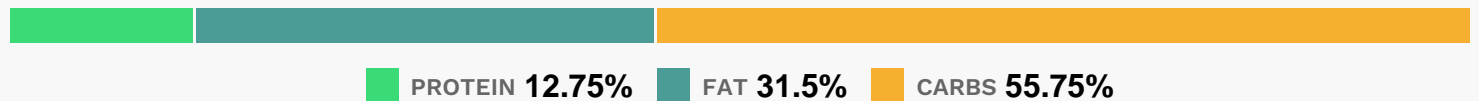
Equipment

- food processor

Directions

- Pulse garlic, next 5 ingredients, and 2 Tbsp. water in a food processor 3 or 4 times or until combined; process 1 to 2 minutes or until smooth, stopping to scrape down sides.
- Add salt to taste. Cover and chill at least 2 hours or up to 3 days.
- Let stand at room temperature 30 minutes before serving.
- Drizzle with additional olive oil, if desired.
- Serve with pita chips, sliced cucumbers, and olives.
- Smoky Southwestern
- Spread: Prepare recipe as directed, adding 1 1/2 Tbsp. chopped chipotle peppers in adobo sauce to mixture in food processor before pulsing. Chill as directed.
- Green Chile
- Spread: Prepare recipe as directed, omitting water and adding 1 (4-oz.) can chopped green chiles to mixture in food processor before pulsing. Chill as directed.
- Pickled Jalapeo
- Spread: Prepare recipe as directed, adding 1 Tbsp. chopped pickled jalapeo pepper slices to mixture in food processor before pulsing. Chill as directed.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:7.6695651619331%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 204.88kcal (10.24%), Fat: 7.26g (11.16%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 25.64g (9.32%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 435.28mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Manganese: 0.37mg (18.74%), Folate: 74.19µg (18.55%), Selenium: 11.13µg (15.9%), Vitamin E: 2.37mg (15.8%), Vitamin B1: 0.22mg (14.82%), Fiber: 3.27g (13.07%), Iron: 2.08mg (11.54%), Vitamin B3: 2.19mg (10.96%), Phosphorus: 96.32mg (9.63%), Magnesium: 33.72mg (8.43%), Vitamin B2: 0.11mg (6.74%), Potassium: 201.46mg (5.76%), Copper: 0.11mg (5.71%), Vitamin B6: 0.08mg (4.19%), Zinc: 0.57mg (3.8%), Vitamin K: 3.71µg (3.54%), Calcium: 30.66mg (3.07%), Vitamin B5: 0.27mg (2.73%), Vitamin C: 2.17mg (2.63%)