



HEALTH SCORE

85%

Spinach and Cannellini Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



6

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 ounce baby spinach



1 tablespoon balsamic vinegar



0.3 teaspoon pepper black freshly ground



2 cloves garlic minced



1 teaspoon kosher salt



1 tablespoon juice of lemon fresh



15 ounce cannelloni beans drained and rinsed canned



2 tablespoons olive oil extra-virgin

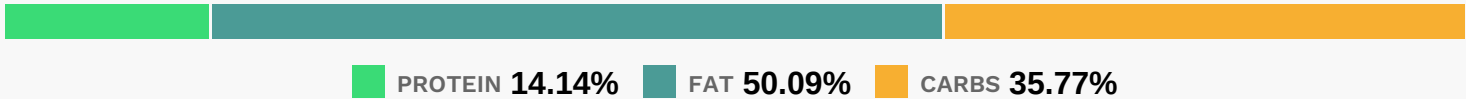
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large nonstick skillet, heat 1 tablespoon of the oil, over medium heat.
- ☐ Add the garlic and cook until fragrant, about 1 minute.
- ☐ Add 1/2 of the spinach and cook for 2 minutes until wilted. Repeat with the remaining spinach.
- ☐ Let the mixture cool for a few minutes.
- ☐ Place the remaining olive oil, spinach mixture, cannelloni beans, lemon juice, balsamic vinegar, salt, and pepper in the bowl of a food processor.
- ☐ Blend until the mixture is smooth.
- ☐ Transfer to a small serving bowl.
- ☐ Serve with endive spears, crostini or pita chips.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:18.288260925075%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 84.4kcal (4.22%), Fat: 5.04g (7.76%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 5.74g (2.09%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 437.54mg (19.02%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin K: 276.82µg (263.64%), Vitamin A: 5317.37IU (106.35%), Folate: 181.41µg (45.35%), Vitamin C: 32.1mg (38.9%), Manganese: 0.54mg (27.04%), Magnesium: 64.8mg (16.2%), Potassium: 475.31mg (13.58%), Iron: 2.39mg (13.29%), Vitamin E: 1.83mg (12.19%), Fiber: 2.36g (9.44%), Calcium: 91.36mg (9.14%), Copper: 0.13mg (6.44%), Vitamin B2: 0.11mg (6.4%), Vitamin B6: 0.12mg (6.22%), Phosphorus: 57.08mg (5.71%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.42mg (2.1%), Selenium: 0.72µg (1.02%)