



## Sun-Dried Tomato-White Bean Dip



Vegetarian



Vegan



Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8.5 oz bread baguette french cut into 1/4-inch-thick slices
- ☐ 31.6 oz cannellini beans rinsed drained canned
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 cup best foods mayonnaise dressing with extra virgin olive oil, divided
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

☐ 3 tablespoons sun-dried tomatoes drained chopped in oil

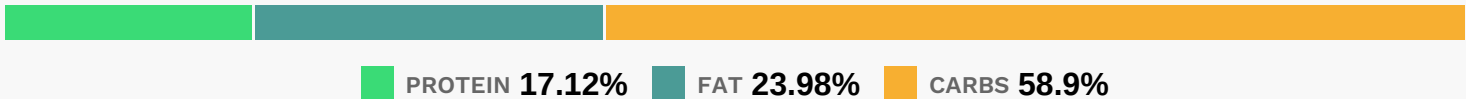
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 40
- ☐ Saut garlic and next 3 ingredients in a lightly greased medium skillet over medium heat 1 minute or until fragrant.
- ☐ Combine garlic mixture, beans, salt, pepper, and 3/4 cup mayonnaise in a food processor. Process 15 to 20 seconds until smooth, stopping to scrape down sides as needed.
- ☐ Arrange bread slices in a single layer on a baking sheet.
- ☐ Spread 1 side of each bread slice with remaining 1/4 cup mayonnaise.
- ☐ Bake at 400 for 8 to 10 minutes or until toasted.
- ☐ Serve with bean dip.

## Nutrition Facts



## Properties

Glycemic Index:17.81, Glycemic Load:12.1, Inflammation Score:-6, Nutrition Score:14.326521655788%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 270.39kcal (13.52%), Fat: 7.37g (11.33%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 34.18g (12.43%), Sugar: 1.4g (1.55%), Cholesterol: 0mg (0%), Sodium: 418.79mg (18.21%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 11.83g (23.67%), Copper: 1.01mg (50.6%), Manganese: 0.69mg (34.42%), Folate: 129.08µg (32.27%), Fiber: 6.53g (26.12%), Vitamin B1: 0.39mg (25.75%), Phosphorus: 192.5mg (19.25%), Selenium: 13.43µg (19.19%), Magnesium: 71.99mg (18%), Iron: 3.16mg (17.58%), Potassium: 519.49mg (14.84%), Vitamin B2: 0.22mg (12.82%), Vitamin B3: 2.17mg (10.87%), Vitamin C: 7.22mg (8.75%), Vitamin B6: 0.17mg (8.68%), Calcium: 80.72mg (8.07%), Zinc: 1.1mg (7.3%), Vitamin E: 0.84mg (5.62%), Vitamin B5: 0.44mg (4.43%), Vitamin K: 3.67µg (3.5%), Vitamin A: 72.39IU (1.45%)