



White Bean and Bacon Dip with Rosemary Pita Chips

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 applewood-smoked bacon chopped (such as Nueske's)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 19 ounce .5 can cannellini beans drained canned
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon garlic powder

- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.1 teaspoon paprika
- ☐ 3 6-inch pitas cut into 8 wedges ()
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ To prepare chips, combine first 4 ingredients. Arrange pita wedges in a single layer on a baking sheet. Lightly coat pita wedges with cooking spray; sprinkle evenly with rosemary mixture. Lightly recoat pita wedges with cooking spray.
- ☐ Bake at 350 for 20 minutes or until golden.
- ☐ To prepare dip, cook bacon in a small saucepan over medium heat until crisp.
- ☐ Remove bacon from pan with a slotted spoon; set aside.
- ☐ Add garlic to drippings in pan; cook 1 minute, stirring frequently.
- ☐ Add broth and beans; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes.
- ☐ Combine bean mixture, onions, and remaining ingredients in a food processor, and process until smooth. Spoon mixture into a bowl; stir in 1 tablespoon reserved bacon.

- ☐
- Sprinkle dip with remaining bacon just before serving.

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Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.81, Inflammation Score:-3, Nutrition Score:6.041304340829%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 105.27kcal (5.26%), Fat: 2.42g (3.73%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 12.15g (4.42%), Sugar: 0.35g (0.39%), Cholesterol: 3.63mg (1.21%), Sodium: 196.95mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 0.39mg (19.32%), Fiber: 3.39g (13.56%), Iron: 2.15mg (11.92%), Folate: 46.47µg (11.62%), Potassium: 339.12mg (9.69%), Magnesium: 36.51mg (9.13%), Copper: 0.17mg (8.48%), Vitamin K: 8.53µg (8.12%), Phosphorus: 74.76mg (7.48%), Vitamin B1: 0.09mg (5.82%), Zinc: 0.86mg (5.73%), Calcium: 55.66mg (5.57%), Vitamin B6: 0.09mg (4.54%), Vitamin E: 0.59mg (3.91%), Selenium: 2.65µg (3.79%), Vitamin C: 1.97mg (2.39%), Vitamin B2: 0.04mg (2.17%), Vitamin B3: 0.39mg (1.96%), Vitamin B5: 0.18mg (1.84%)