



White Bean and Cilantro Dip with Toasted Pita Chips

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 bunch cilantro leaves washed and dried
- ☐ 2 cloves garlic
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- ☐ 1 teaspoon juice of lime
- ☐ 1 tablespoons olive oil

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- ☐ 10 6-inch regular-sized pita pockets ()
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 2 tablespoons cup heavy whipping cream sour

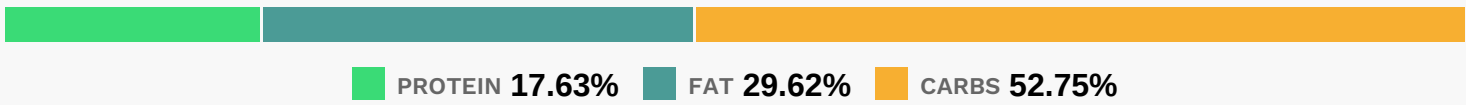
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: food processor
- ☐ In a food processor add all ingredients and blend until smooth, adding more olive oil to loosen dip, if needed. Season with salt and pepper, to taste, and refrigerate at least 1 hour or overnight, then serve with Toasted Pita Chips.
- ☐ Heat the oven to 400 degrees F.
- ☐ Split the pita pockets along the edge to make 2 circles. Slice the garlic cloves in half and rub both sides of the pita disks with the cut side of the garlic. Stack a few pita halves at a time and like a pizza, cut them into 8 wedges. Arrange the wedges on 2 baking sheets and drizzle with olive oil.
- ☐ Mix and toss the wedges with your hands then sprinkle with salt and pepper to taste.
- ☐ Bake until golden brown, about 10 minutes. To store, let cool and put in an air tight container or plastic bag.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:7.2226087094649%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 147.48kcal (7.37%), Fat: 4.96g (7.64%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 15.55g (5.65%), Sugar: 0.38g (0.42%), Cholesterol: 1.42mg (0.47%), Sodium: 11.21mg (0.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Manganese: 0.5mg (24.8%), Fiber: 4.34g (17.37%), Iron: 2.72mg (15.11%), Folate: 58.21µg (14.55%), Potassium: 416.14mg (11.89%), Magnesium: 46.19mg (11.55%), Copper: 0.21mg (10.66%), Vitamin E: 1.36mg (9.07%), Phosphorus: 85.51mg (8.55%), Vitamin K: 7.86µg (7.49%), Calcium: 70.85mg (7.08%), Zinc: 1.02mg (6.82%), Vitamin B1: 0.09mg (6.07%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.04mg (2.43%), Selenium: 1.69µg (2.41%), Vitamin A: 111.45IU (2.23%), Vitamin B5: 0.19mg (1.88%), Vitamin C: 0.84mg (1.02%)