



# White Bean and Cilantro Dip with Toasted Pita Chips

 Vegetarian or type unknown

READY IN

ready or type unknown

90 min.

SERVINGS

servings or type unknown

10

CALORIES

calories or type unknown

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

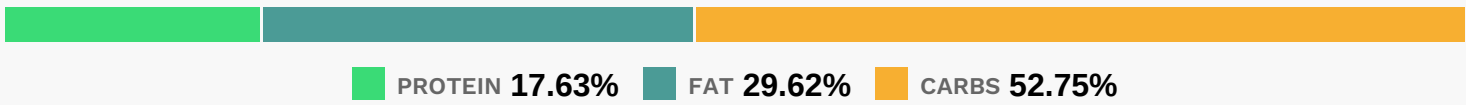
## Equipment

- ☐ 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%)