



White Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



30

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounces .5 can cannellini beans rinsed drained canned
- ☐ 3 tablespoons chives chopped
- ☐ 30 servings coarse salt and pepper black
- ☐ 4 sprigs mint leaves fresh
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 clove garlic
- ☐ 1.5 tablespoons olive oil extra-virgin

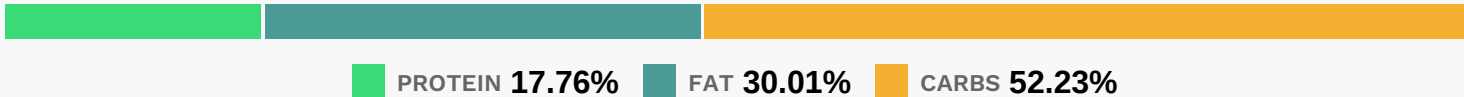
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse all ingredients except chives in food processor until a smooth paste forms and transfer to a bowl.
- ☐ Serve on bruschetta and garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:1.1613043387947%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 21.8kcal (1.09%), Fat: 0.75g (1.15%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 194.55mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Manganese: 0.08mg (3.82%), Fiber: 0.68g (2.73%), Iron: 0.45mg (2.5%), Folate: 9.16µg (2.29%), Magnesium: 7.33mg (1.83%), Potassium: 63.38mg (1.81%), Copper: 0.03mg (1.66%), Vitamin K: 1.45µg (1.38%), Vitamin E: 0.21mg (1.37%), Phosphorus: 12.68mg (1.27%), Calcium: 11.38mg (1.14%), Zinc: 0.16mg (1.04%)