



White Bean Dip

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic crushed to taste
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 10 servings salt and pepper to taste

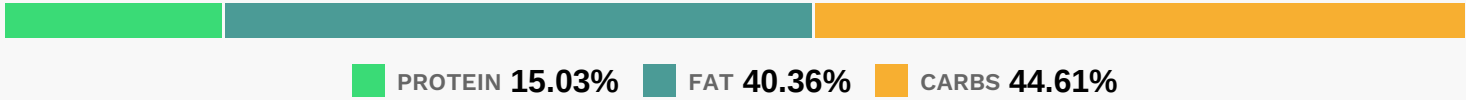
Equipment

- ☐ food processor

Directions

☐ In a food processor, combine the cannellini beans, cilantro, garlic, olive oil and lemon juice. Process until smooth, or to your desired consistency. Taste, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:4.41, Inflammation Score:-3, Nutrition Score:6.9213043477224%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 162.73kcal (8.14%), Fat: 7.46g (11.48%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 14.43g (5.25%), Sugar: 0.34g (0.37%), Cholesterol: 0mg (0%), Sodium: 198.61mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Manganese: 0.46mg (22.81%), Fiber: 4.13g (16.5%), Iron: 2.61mg (14.51%), Folate: 56.24µg (14.06%), Vitamin E: 1.73mg (11.51%), Potassium: 395.71mg (11.31%), Magnesium: 43.92mg (10.98%), Copper: 0.2mg (10.09%), Vitamin K: 8.47µg (8.07%), Phosphorus: 79.27mg (7.93%), Zinc: 0.97mg (6.45%), Calcium: 64.44mg (6.44%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.08mg (3.86%), Selenium: 1.5µg (2.14%), Vitamin B2: 0.03mg (1.99%), Vitamin C: 1.59mg (1.92%), Vitamin B5: 0.17mg (1.7%)