



White Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 oz .5 can cannellini beans canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 1 small shallots chopped

Equipment

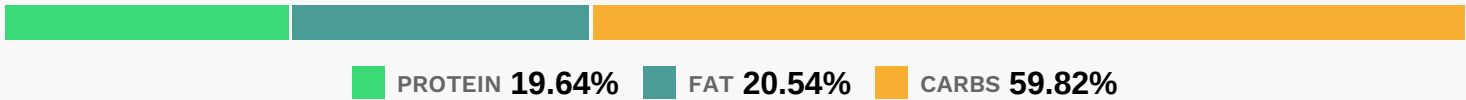
☐ food processor

☐ bowl

Directions

- ☐ In a food processor puree all ingredients until smooth.
- ☐ Transfer to serving bowl and chill for at least 1 hour to allow flavors to develop.
- ☐ Serve with crudits.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:4.7147826008175%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 82.56kcal (4.13%), Fat: 1.94g (2.98%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.8g (3.56%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 76.59mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Manganese: 0.33mg (16.27%), Fiber: 2.89g (11.57%), Iron: 1.78mg (9.91%), Folate: 39.08µg (9.77%), Potassium: 274.71mg (7.85%), Magnesium: 30.24mg (7.56%), Copper: 0.14mg (6.91%), Phosphorus: 53.95mg (5.39%), Vitamin E: 0.7mg (4.69%), Calcium: 46.14mg (4.61%), Zinc: 0.65mg (4.35%), Vitamin K: 4.33µg (4.12%), Vitamin B1: 0.06mg (3.82%), Vitamin B6: 0.06mg (3.01%), Vitamin C: 1.67mg (2.03%), Vitamin A: 94.09IU (1.88%), Vitamin B2: 0.03mg (1.55%), Selenium: 0.98µg (1.4%), Vitamin B5: 0.12mg (1.24%)