



## White Bean Dip with Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings pepper black freshly ground
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 2 cloves garlic
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 1 teaspoon oregano dried
- 0.3 cup parsley leaves fresh italian loosely packed ()
- 6 pitas

6 servings salt

## Equipment

food processor

bowl

baking sheet

oven

## Directions

Watch how to make this recipe.

Preheat the oven to 400 degrees F.

Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste.

Transfer the bean puree to a small bowl.

Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet.

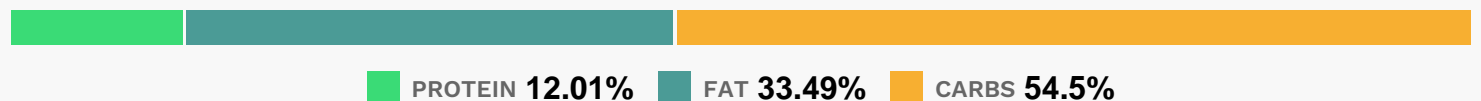
Pour the remaining oil over the pitas. Toss and spread out the wedges evenly.

Sprinkle with the oregano, salt, and pepper.

Bake for 8 to 12 minutes, or until toasted and golden in color.

Serve the pita toasts warm or at room temperature alongside the bean puree.

## Nutrition Facts



## Properties

Glycemic Index:37.83, Glycemic Load:32.8, Inflammation Score:-6, Nutrition Score:11.890434684961%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg  
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 345.5kcal (17.28%), Fat: 12.93g (19.9%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 47.35g (15.78%), Net Carbohydrates: 42.43g (15.43%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 499.46mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.87%), Vitamin K: 52.53µg (50.03%), Manganese: 0.69mg (34.28%), Fiber: 4.92g (19.68%), Iron: 3.28mg (18.22%), Folate: 65.14µg (16.29%), Vitamin E: 2.38mg (15.85%), Vitamin B1: 0.22mg (14.91%), Copper: 0.27mg (13.48%), Magnesium: 53.58mg (13.4%), Phosphorus: 122.85mg (12.28%), Potassium: 417.67mg (11.93%), Calcium: 111.46mg (11.15%), Zinc: 1.32mg (8.77%), Vitamin C: 5.58mg (6.76%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.09mg (5.1%), Vitamin B6: 0.09mg (4.65%), Vitamin A: 217.21IU (4.34%), Vitamin B5: 0.38mg (3.8%), Selenium: 1.3µg (1.86%)