



White Bean Dip with Rosemary and Sage



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce cannellini beans beans white rinsed drained canned
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 2 teaspoons sage fresh minced
- ☐ 2 garlic cloves chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 6-inch pitas cut into 6 wedges ()

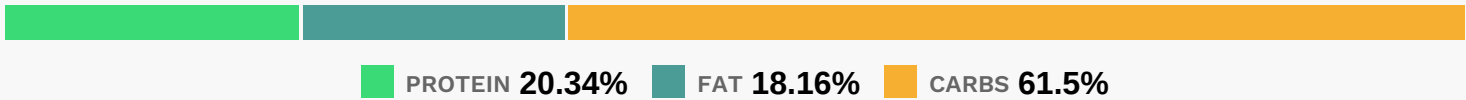
Equipment

☐ food processor

Directions

- ☐ Combine first 7 ingredients in a food processor; process until smooth.
- ☐ Serve with pita wedges.
- ☐ Garnish with sage sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.76, Inflammation Score:-2, Nutrition Score:8.6652174098822%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.46kcal (4.82%), Fat: 1.99g (3.07%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 11.86g (4.31%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 6.29mg (0.27%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Copper: 1.68mg (83.82%), Manganese: 0.42mg (21.01%), Fiber: 3.33g (13.3%), Iron: 2.11mg (11.72%), Folate: 44.69µg (11.17%), Potassium: 316.3mg (9.04%), Magnesium: 35.86mg (8.97%), Phosphorus: 63.5mg (6.35%), Calcium: 54.81mg (5.48%), Vitamin E: 0.79mg (5.27%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.66%), Vitamin B6: 0.06mg (3.1%), Vitamin K: 3.12µg (2.97%), Vitamin C: 1.69mg (2.05%), Selenium: 1.19µg (1.7%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.37%)