



## White Bean Dip with Rosemary Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



32

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 30 oz beans white drained and rinsed canned (Great Northern, cannellini, or kidney beans)
- ☐ 3 sprigs rosemary fresh rinsed
- ☐ 2 cloves garlic minced peeled
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil divided

### Equipment

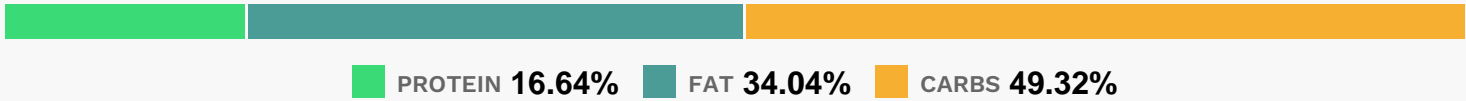
- ☐ food processor

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a 10-inch frying pan over medium heat, stir half the olive oil and the 2 cloves garlic until fragrant, being careful not to brown garlic, about 1 minute.
- ☐ Pour the oil and garlic into a food processor. Wipe out the pan and set aside.
- ☐ Add white beans, lemon juice, and salt to the food processor and whirl until smooth.
- ☐ Pour into a serving bowl.
- ☐ Return the frying pan to medium heat and add the remaining 2 tablespoons olive oil and the rosemary sprigs. Warm the rosemary in the olive oil until fragrant, about 3 minutes, stirring occasionally so the rosemary doesn't burn.
- ☐ Remove from heat and let cool 10 minutes.
- ☐ Set the rosemary aside and drizzle the olive oil over the bean dip. Mince one teaspoon of the rosemary leaves and sprinkle over the dip.
- ☐ Party short-cut: Use the white bean dip as the foundation for an abundant tray of store-bought snacks, including hummus and baba ghanoush, olive tapenade, carrot sticks, and other vegetables.
- ☐ Serve with breadsticks, pita chips, and a thinly sliced baguette.
- ☐ Do-ahead tips: Make dip up to 2 days ahead. Store dip in an airtight container in the refrigerator. Bring dip to room temperature before serving. Prepare the rosemary oil right before serving.

## Nutrition Facts



## Properties

Glycemic Index:1.91, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:2.0700000075057%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45.71kcal (2.29%), Fat: 1.77g (2.72%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 146.75mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Manganese: 0.14mg (7.03%), Fiber: 1.28g (5.14%), Iron: 0.81mg (4.5%), Folate: 17.48µg (4.37%), Potassium: 122.49mg (3.5%), Magnesium: 13.67mg (3.42%), Copper: 0.06mg (3.13%), Vitamin E: 0.45mg (3.03%), Phosphorus: 24.55mg (2.46%), Zinc: 0.3mg (2.01%), Calcium: 19.93mg (1.99%), Vitamin B1: 0.03mg (1.74%), Vitamin K: 1.79µg (1.7%), Vitamin B6: 0.02mg (1.14%)