



White Bean Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



608 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31 ounce cannellini beans rinsed drained canned
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 3 servings garnish: paprika
- ☐ 0.8 teaspoon salt

☐ 3 tablespoons tahini

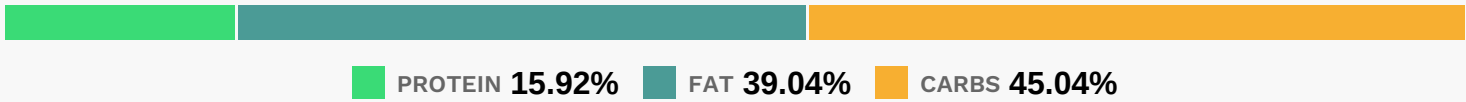
Equipment

☐ food processor

Directions

- ☐ Pulse garlic and rosemary in a food processor 3 or 4 times or until minced.
- ☐ Add beans and next 4 ingredients; process until smooth, stopping to scrape down sides.
- ☐ Pour olive oil gradually through food chute with processor running; process until mixture is smooth. Cover and chill 1 hour.
- ☐ Garnish, if desired.
- ☐ Serve with crackers, sliced cucumber, pimiento-stuffed olives, and pitted kalamata olives.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:33.74565178415%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 608.1kcal (30.41%), Fat: 27.39g (42.14%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 71.09g (23.7%), Net Carbohydrates: 54.33g (19.76%), Sugar: 3.54g (3.94%), Cholesterol: 0mg (0%), Sodium: 602.23mg (26.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin C: 106.36mg (128.92%), Folate: 289.53µg (72.38%), Fiber: 16.76g (67.04%), Manganese: 1.32mg (65.95%), Phosphorus: 541.05mg (54.1%), Vitamin A: 2414.05IU (48.28%), Vitamin B1: 0.71mg (47.05%), Magnesium: 174.29mg (43.57%), Potassium: 1281.63mg (36.62%), Copper: 0.73mg (36.62%), Iron: 5.75mg (31.94%), Vitamin B6: 0.59mg (29.29%), Vitamin E: 3.84mg (25.62%), Selenium: 17.56µg (25.09%), Zinc: 2.82mg (18.8%), Calcium: 187.04mg (18.7%), Vitamin B2: 0.26mg

(15.48%), Vitamin B3: 2.97mg (14.84%), Vitamin K: 14.65µg (13.96%), Vitamin B5: 1.08mg (10.82%)