

Creamy White Bean Dip

Food52.com
St. Lucie News Tribune

Yield: 2 cups

2 cans (15 ounce each) white beans
(navy, cannellini or northern), drained
and rinsed
2 cloves garlic, peeled
1/4 cup + 2 tablespoons olive oil
handfuls fresh basil
juice of 1/2 lemon
zest of two lemons
coarse salt
freshly ground black pepper

Puree' the beans, garlic, basil, lemon juice and
lemon zest in a food processor or blender.

When everything looks puree'd, add the olive oil
slowly until you get the desired creamy texture.

Season with salt and pepper.

Taste, adjust the seasoning or texture, then
scoop into a bowl and finish with a drizzle of olive
oil.

*Healthy vegetables for dipping:
Carrots, celery, cucumbers, jicama,
scallions, zucchini, asparagus spears,
cauliflower, broccoli, bell peppers,
radishes, mushrooms, green beans, pea
pods and endive.*

Per Serving (excluding unknown
items): 486 Calories; 54g Fat
(98.1% calories from fat); trace
Protein; 2g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol;
1mg Sodium. Exchanges: 1/2
Vegetable; 11 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	486	Vitamin B6 (mg):	.1mg
% Calories from Fat:	98.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	1.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	54g	Folacin (mcg):	trace
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 24mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 486 Calories from Fat: 477

% Daily Values*

Total Fat	54g	83%
Saturated Fat	7g	36%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		3%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*