

White Bean and Garlic Dip

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Yield: 3 cups

2 cans (19 ounce ea) cannellini beans,
drained and rinsed

1/2 cup reduced-sodium chicken
broth

4 cloves garlic

2 shallots, sliced

1 teaspoon rosemary, chopped

1 cup carrots, finely diced

juice of one lemon

1 teaspoon lemon zest

3/4 teaspoon sea salt

1/2 teaspoon black pepper

assorted vegetables and flatbreads

Preparation Time: 20 minutes

Slow Cooker: 2 hours

Coat the bowl of a slow cooker with nonstick
cooking spray.

Reserve one cup of the cannellini beans.

In a blender, puree the remaining cannellini
beans, the broth, garlic, shallots and rosemary
until smooth.

Transfer the bean mixture to the slow cooker.
Add the reserved beans and carrots.

Cover and cook on HIGH for two hours.

Stir in the lemon juice, zest, salt and pepper.

Serve with the vegetables and flatbreads.

Per Serving (excluding unknown
items): 1441 Calories; 4g Fat (2.4%
calories from fat); 97g Protein;
266g Carbohydrate; 66g Dietary
Fiber; 0mg Cholesterol; 1525mg
Sodium. Exchanges: 16 1/2
Grain(Starch); 6 Lean Meat; 4
Vegetable; 0 Fruit; 0 Fat.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	1441	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	2.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.5%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	26.1%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	4g	Folacin (mcg):	1592mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 0mg
Carbohydrate (g): 266g
Dietary Fiber (g): 66g
Protein (g): 97g
Sodium (mg): 1525mg
Potassium (mg): 7809mg
Calcium (mg): 1055mg
Iron (mg): 44mg
Zinc (mg): 15mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 38700IU
Vitamin A (r.e.): 3869RE

Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 16 1/2
Lean Meat: 6
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1441 **Calories from Fat:** 34

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 1525mg	64%
Total Carbohydrates 266g	89%
Dietary Fiber 66g	266%
Protein 97g	
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Vitamin A	774%
Vitamin C	35%
Calcium	105%
Iron	244%

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