

## White Bean Dip w/ Veggies and Pita

### Ingredients

- 1 15 oz can White Beans
- ½ cup loosely packed Italian Parsley
- ½ tsp Kosher Salt
- 1/3 cup extra Virgin Olive Oil
- ¼ tsp Live by Heart™ Artisan Spice Blend



### Directions

Put all ingredients in a food processor and pulse to desired consistency

Serve with Vegetables and/or pita.

Servings: 4

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>243</b>
	% Daily Value*
<b>Total Fat</b> 17.7g	23%
Saturated Fat 2.4g	12%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 636mg	28%
<b>Total Carbohydrate</b> 16.2g	6%
Dietary Fiber 5.5g	20%
Total Sugars 0.9g	
<b>Protein</b> 6.4g	
Vitamin D 0mcg	0%
Calcium 63mg	5%
Iron 2mg	11%
Potassium 42mg	1%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by <b>verywell</b></small>	