

# Zesty White Bean Dip

Yield: 5 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/bean-dip-recipe-not-mexican>

## Ingredients:

- 1 tablespoon virgin olive oil extra-
- 1 cup diced yellow onion
- 1/4 cup vegetable broth
- 2 tablespoons nutritional yeast or 1/4 cup shredded parmesan cheese
- 4 teaspoons fresh lemon juice
- 1 tablespoon tahini
- 2 teaspoons minced garlic
- 1 1/3 cups cannellini beans drained and rinsed
- 1/4 cup unsalted cashews
- 3/4 teaspoon sea salt plus more to taste
- 1/4 teaspoon sweet paprika
- 1 pinch cayenne pepper
- 1 tablespoon flat leaf parsley finely chopped, optional
- 1 tablespoon chives finely chopped, optional

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 19 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 420 milligrams
8. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Zesty White Bean Dip above. You can see more 17 bean dip recipe not mexican You won't believe the taste! to get more great cooking ideas.