

Spicy Asian White Bean Dip

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-thai-chili-hot-sauce-recipe>

Ingredients:

- 15 ounces white beans rinsed, I prefer the creamy cannellini beans
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- 2 teaspoons soy sauce or to taste
- 2 tablespoons Sriracha hot sauce
- 1 Thai chili
- 1 clove garlic
- 1/2 teaspoon curry powder
- 1/4 cup water addition water needed if you need to make the dip smoother
- 1 tablespoon lime juice
- bread
- crackers

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 41 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 470 milligrams
8. Sugar: 3 grams

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