

White Bean Dip - CACFP

General Information

| Recipe # | Category | Source |
|----------|--|--------|
| 1756005 | Vegetables  | Local |

Ingredients

| Name | Quantity | +Quantity 2 |
|---|----------------------|-------------|
| Beans, great northern, mature seeds, canned, low sodium | 1 ½ #10 can, drained | |
| Peppers, chili, green, canned | 1 c. | |
| Garlic, raw | 2 tbsp. | |
| Lemon juice, raw | ½ c. | |
| Spices, chili powder | 2 tbsp. | |
| Spices, cumin seed | 2 tbsp. ground | |
| Oil, olive, salad or cooking | 1 c. | |

Preparation Instructions

HACCP Process: #1 - No Cook

1. Drain beans. Reserve juice. In a bowl of a food processor, combine half of the beans, chili peppers, garlic, lemon juice, chili powder, and cumin.
2. Add 1/4 cup of reserved juice to smooth out.
3. Continue with other half of beans, chili peppers, garlic, lemon juice, chili powder and cumin.
4. Add 1/4 cup of reserved juice to the other half and blend
5. With the motor running add 1/2 of the oil to the first half of bean mixture. Do the same thing with the other half of bean mixture.
6. Serve with pita bread or tortilla chips if desired.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

CCP: Record time and internal temperature of completed recipe on daily log.



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| Serving Size | Yield |
|--------------|-------|
| 0.5 Cup | 25.00 |

Nutrition Facts

Serving Size 0.5 Cup (141 gm)

| Amount Per Serving | | |
|-----------------------------------|----------------|----------------|
| Calories | | 221.236 |
| | | % Daily Value* |
| Total Fat | 9.382 gm | 14.434% |
| Saturated Fat | 1.368 gm | 6.839% |
| Trans Fat | 0.000* gm | |
| Cholesterol | 0.000 mg | |
| Sodium | 255.226 mg | 10.634% |
| Total Carbohydrate | 26.745 gm | 8.915% |
| Dietary Fiber | 6.319 gm | 25.276% |
| Total Sugars | 1.889* gm | |
| Includes 0.000 gm of Added Sugars | | |
| Protein | 9.181 gm | 18.362% |
| Vitamin A | 10.374 mcg RAE | 1.153% |
| Vitamin C | 5.624 mg | 9.373% |
| Vitamin D | 0.000 mcg | |
| Calcium | 75.819 mg | 7.582% |
| Iron | 2.586 mg | 14.367% |
| Potassium | 461.379 mg | 9.817% |
| Saturated Fat % of Calories | | 5.565 % |
| Added Sugar % of Calories | | 0.000 % |

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

| Component | Measurement |
|--------------------------|-------------|
| Beans, Peas, and Lentils | 0.5 cups |

Dates

Last Updated

02-26-2025

Created

02-26-2025

Added Sugar Limitations

Not applicable.

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