

White Bean Dip - NSLP

General Information

Recipe #	Category	Source
1756006	Vegetables 	Local

Ingredients

Name	Quantity	+Quantity 2
Beans, great northern, mature seeds, canned, low sodium	3 1/8 #10 can, drained	
Peppers, chili, green, canned	1 pt.	
Garlic, raw	1/4 c.	
Lemon juice, raw	1 c.	
Spices, chili powder	1/4 c.	
Spices, cumin seed	1/4 c. ground	
Oil, olive, salad or cooking	1 pt.	

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	50.00

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.

Edit Recipe