

Italian Dressing Oil Free - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 2 cups

Ingredients	Quantity	Measure
White Beans, canned, rinsed, and drained	1 ½ cups (15 oz per can)	
Water		½ to 1 cup
Lemon Juice	2	Tablespoons
Garlic Powder	½	teaspoon
Italian Seasoning Mix	1	Tablespoon
Salt	½	Teaspoon or to taste

Preparation

1. Place the beans and ½ cup of water into a blender or food processor. Add the lemon juice, garlic powder, Italian seasoning, and salt. Blend, scraping down the sides as needed to incorporate all ingredients. Use as directed.

Serving Information/Notes

Depending on the type of bean used, the mixture may be too thick with just the ½ cup of water. Using a tablespoon at a time, thin the mixture as needed until you reach the desired consistency.

Nutrition Information

 *From USDA Nutrient Database

Calories: 230 Total Fat: .7g Saturated Fat: .2g Monounsaturated Fat: 0g Polyunsaturated Fat: .3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 43.3g Fiber: 9.6g Total Sugar: 1g Protein: 14.5g Sodium:
592mg Vitamin A: 0µg Vitamin C: 5.8mg Calcium: 145mg Iron: 5.9mg Folate: 131µg

