



Bean Dip with Browned Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce cannellini beans beans white drained canned
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tahini (sesame seed paste)

☐ 1 tablespoon water

Equipment

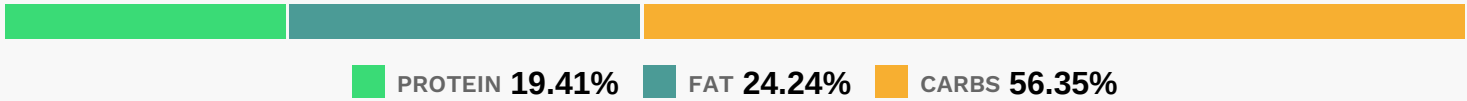
☐ frying pan

☐ blender

Directions

- ☐ Heat oil in a small nonstick skillet over medium heat.
- ☐ Add garlic; saut 1 minute or until lightly browned.
- ☐ Place garlic mixture, lemon juice, and remaining ingredients in a blender; process until smooth.
- ☐ Serve with toasted pita wedges or carrot sticks.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:1.4260869820643%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.64kcal (1.33%), Fat: 0.74g (1.14%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.08g (0.08%), Cholesterol: 0mg (0%), Sodium: 19.28mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.1mg (4.76%), Fiber: 0.85g (3.38%), Iron: 0.54mg (2.97%), Folate: 11.61µg (2.9%), Copper: 0.05mg (2.41%), Potassium: 81.28mg (2.32%), Magnesium: 9.21mg (2.3%), Phosphorus: 19.7mg (1.97%), Vitamin B1: 0.02mg (1.64%), Zinc: 0.22mg (1.44%), Calcium: 13.79mg (1.38%), Vitamin E: 0.2mg (1.32%)