



## Curried Tomato Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 teaspoon curry powder
- ☐ 0.5 cup fire-roasted tomatoes crushed (such as Muir Glen)
- ☐ 2 garlic cloves chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground turmeric
- ☐ 0.3 teaspoon salt

☐ 0.5 cup water

Equipment

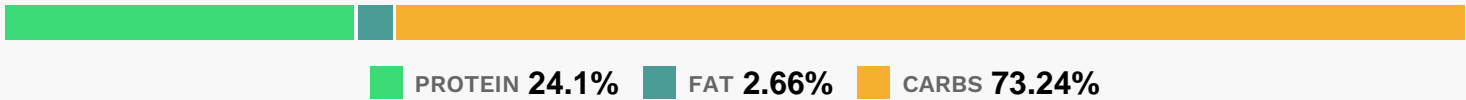
☐ food processor

☐ sauce pan

Directions

- ☐ Place water and garlic in a small saucepan; bring to a boil. Cook about 3 minutes or until reduced to 2 tablespoons.
- ☐ Add fire-roasted tomatoes, ground cumin, salt, curry powder, ground turmeric, and red pepper; cook 2 minutes over medium-low heat. Stir in beans; cook 2 minutes.
- ☐ Place bean mixture in a food processor, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:0.55434783078406%

Nutrients (% of daily need)

Calories: 8.8kcal (0.44%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 12.77mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.04mg (1.97%), Fiber: 0.36g (1.46%), Iron: 0.24mg (1.33%), Folate: 4.63µg (1.16%)