



Garlicky Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



35 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 63.2 ounce cannellini beans drained canned
- ☐ 1 garlic head whole
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon tahini (sesame-seed paste)
- ☐ 2 teaspoons or dried fresh minced

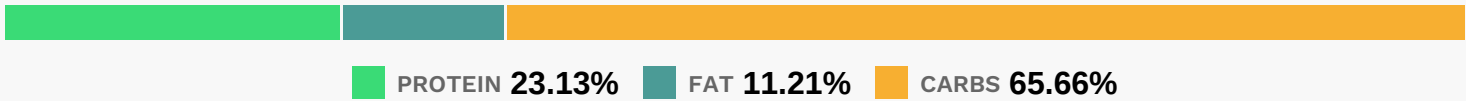
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil.
- ☐ Bake at 375 for 45 minutes or until tender; let cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic pulp and remaining ingredients in a food processor; process until smooth, scraping sides of processor bowl occasionally.
- ☐ Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.9700000277194%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 35.43kcal (1.77%), Fat: 0.45g (0.7%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.01g (0.02%), Cholesterol: 0mg (0%), Sodium: 4.52mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.12mg (5.76%), Folate: 23.02µg (5.75%), Fiber: 1.39g (5.55%), Phosphorus: 40.05mg (4.01%), Magnesium: 14.55mg (3.64%), Vitamin B1: 0.04mg (2.94%), Potassium: 100.22mg (2.86%), Iron: 0.45mg (2.52%), Copper: 0.05mg (2.44%), Selenium: 1.24µg (1.77%), Vitamin B6: 0.03mg (1.55%), Calcium: 15.33mg (1.53%), Zinc: 0.19mg (1.29%), Vitamin B2: 0.02mg (1.02%)