



Roast Garlic and Edamame Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce edamame frozen shelled ()
- 1 tablespoon cilantro leaves fresh chopped
- 1 small garlic head whole
- 0.5 teaspoon ground cumin
- 5 tablespoons juice of lemon
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon salt

- 2 cups water
- 3 tablespoons water

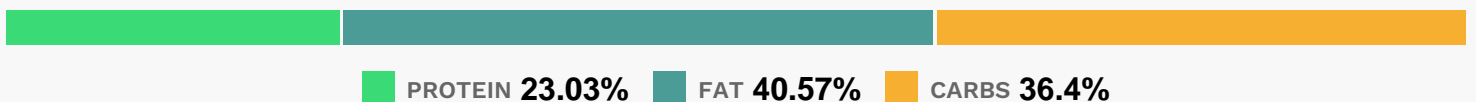
Equipment

- food processor
- oven
- aluminum foil

Directions

- Cut about 1/4 inch off the top of the garlic head, so the cloves are slightly exposed, but don't peel the garlic. Wrap the head loosely in foil, and place in a preheated 400 oven for 45 minutes or until garlic is very soft and golden.
- Let cool; then squeeze the garlic cloves out of the paperlike peel.
- Meanwhile, bring 2 cups water to a boil; add edamame, and boil 5 minutes.
- Drain.
- Combine edamame, garlic, cumin, and next 5 ingredients (through 3 tablespoons water) in a food processor, and pulse until smooth.
- Garnish mixture with the chopped cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0404347949054%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.65kcal (2.43%), Fat: 2.23g (3.43%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.33g (1.21%), Sugar: 0.89g (0.99%), Cholesterol: 1.26mg (0.42%), Sodium: 77.49mg (3.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Fiber: 1.17g (4.69%), Iron: 0.82mg (4.57%), Potassium: 142.43mg (4.07%), Calcium: 30.68mg (3.07%), Vitamin C: 1.92mg (2.32%)