



WHATSheATE



Roasted Garlic and Sun-dried Tomato Cheese Spread (Ossabaw Dip)

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup wine dry white
- ☐ 5 garlic clove
- ☐ 0.3 cup spring onion finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.8 cup sun-dried olives

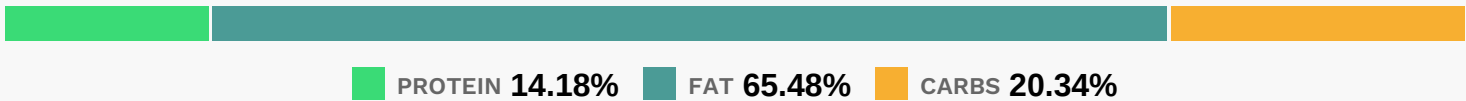
Equipment

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

Directions

- ☐ Place garlic on a piece of aluminum foil; drizzle with oil. Fold foil to seal.
- ☐ Bake at 425 for 25 minutes; let cool 15 minutes. Squeeze pulp from garlic cloves into a small bowl.
- ☐ Combine tomatoes and wine in a small saucepan; bring to a boil. Reduce heat to low, and simmer 20 minutes or until wine evaporates and tomatoes are soft. Process tomatoes and garlic in a food processor until smooth.
- ☐ Add cream cheese, and process until smooth, stopping to scrape down sides as needed.
- ☐ Spoon mixture into a small bowl; stir in green onions and Parmesan.
- ☐ Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:1.84, Inflammation Score:-5, Nutrition Score:6.7308695782786%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 181.09kcal (9.05%), Fat: 12.96g (19.93%), Saturated Fat: 6.98g (43.61%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.8g (2.83%), Sugar: 4.63g (5.15%), Cholesterol: 35.12mg (11.71%), Sodium: 284.94mg (12.39%), Alcohol: 1.37g (100%), Alcohol %: 2.67% (100%), Protein: 6.31g (12.63%), Calcium: 139.64mg (13.96%), Phosphorus: 136.36mg (13.64%), Vitamin K: 12.94µg (12.33%), Manganese: 0.23mg (11.54%), Potassium: 394.51mg (11.27%), Vitamin A: 551.73IU (11.03%), Selenium: 6.83µg (9.76%), Vitamin B2: 0.15mg (8.7%), Copper: 0.15mg (7.39%), Magnesium: 26.43mg (6.61%), Vitamin C: 4.81mg (5.83%), Iron: 1.04mg (5.75%), Zinc: 0.84mg (5.6%), Fiber: 1.26g (5.04%), Vitamin B3: 0.91mg (4.53%), Vitamin B1: 0.06mg (4.22%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.21µg (3.42%), Folate: 11.72µg (2.93%), Vitamin E: 0.42mg (2.83%)