



## Roasted Garlic-Asiago Dip With Cheese Crackers

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 ounces asiago cheese grated
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 large eggs
- ☐ 1 head elephant garlic
- ☐ 6 servings kosher salt
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 pound pizza dough prepared at room temperature

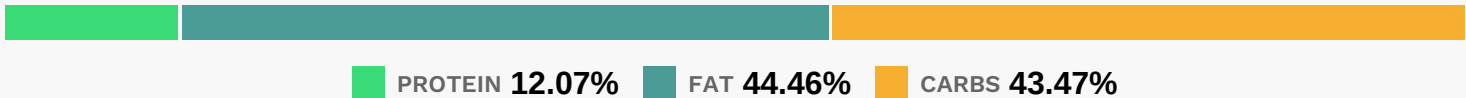
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Make the crackers: Preheat the oven to 350 degrees F.
- ☐ Combine the asiago and cayenne in a small bowl. Dust the pizza dough lightly with flour, then run it through a pasta roller, adjusting the setting thinner each time and dusting with more flour as needed, until about 1/8 inch thick.
- ☐ Lightly beat the egg and 1 tablespoon water in a bowl.
- ☐ Brush the dough with the egg wash and sprinkle liberally with the asiago-cayenne mixture. Using a pizza wheel, cut the dough crosswise into triangles.
- ☐ Place the dough triangles on a baking sheet and bake until golden, 10 to 12 minutes.
- ☐ Let cool on the baking sheet.
- ☐ Place the garlic in a small baking dish and roast in the oven until very soft when squeezed, about 40 minutes; let cool 10 minutes.
- ☐ Cut the top off the garlic and squeeze the roasted cloves out of the skin.
- ☐ Place the roasted garlic in a food processor, add the asiago and season with salt. With the motor running, drizzle in the olive oil.
- ☐ Drizzle in up to 1/4 cup water if the dip is too thick. Taste and make sure it is delicious; re-season if needed.
- ☐ Serve with the crackers.
- ☐ Photograph by Sam Kaplan

# Nutrition Facts



## Properties

Glycemic Index:14.83, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:4.3643478051476%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 345.28kcal (17.26%), Fat: 17.28g (26.59%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 36.76g (13.37%), Sugar: 4.85g (5.39%), Cholesterol: 37.43mg (12.48%), Sodium: 904.64mg (39.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.11%), Iron: 2.42mg (13.43%), Calcium: 125.36mg (12.54%), Vitamin E: 1.82mg (12.11%), Phosphorus: 89.47mg (8.95%), Selenium: 5.36µg (7.65%), Vitamin K: 7.36µg (7%), Fiber: 1.25g (5.02%), Vitamin B2: 0.08mg (4.43%), Manganese: 0.08mg (4.22%), Vitamin B6: 0.08mg (4.13%), Vitamin B12: 0.19µg (3.13%), Vitamin A: 153.9IU (3.08%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.2mg (1.98%), Vitamin C: 1.52mg (1.84%), Magnesium: 6.46mg (1.61%), Vitamin D: 0.21µg (1.43%), Folate: 4.81µg (1.2%), Copper: 0.02mg (1.17%), Potassium: 40.74mg (1.16%), Vitamin B1: 0.02mg (1.11%)