



 **10%**  
HEALTH SCORE

## Roasted Garlic-Asiago Dip with Homemade Crackers

 Vegetarian

READY IN



195 min.

SERVINGS



6

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup asiago cheese grated
- 0.5 teaspoon ground pepper
- 2 tablespoons yeast dry
- 1 water with 1 tablespoon water, for egg wash beaten
- 2 garlic
- 2 cups high-gluten flour
- 1 teaspoon kosher salt

- 6 servings kosher salt
- 0.3 cup olive oil extra virgin extra-virgin plus more for bowl
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup semolina flour for dusting plus more
- 1 teaspoon sugar
- 1 cup water

## Equipment

- food processor
- bowl
- oven
- whisk
- mixing bowl
- blender
- plastic wrap
- kitchen towels

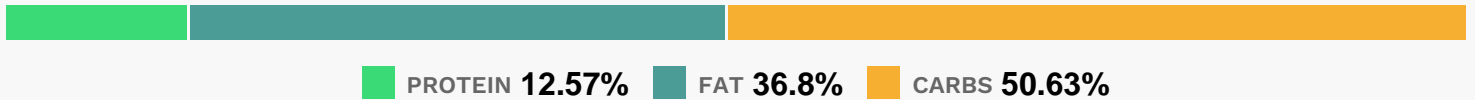
## Directions

- Watch how to make this recipe.
- Special equipment: pasta roller
- For the dip: Preheat the oven to 350 degrees F.
- Place the garlic bulbs in the oven and roast until soft when squeezed, about 30 minutes; let cool for 10 minutes.
- Cut the tops off the garlic and squeeze the roasted cloves out of the skin.
- Place the roasted garlic in a food processor with the cheese and season with salt. With the machine running drizzle in the olive oil. Taste and make sure it is delicious; re-season if needed.
- For the crackers: In a small bowl combine the Asiago and cayenne.
- Run the Calzone Dough through a pasta roller, adjusting the setting thinner until the dough gets very thin, about 1/8-inch thick. Dust the dough lightly with flour during the process if the

dough is sticky.

- Brush the dough with the egg wash and sprinkle liberally with the Asiago-cayenne mix. Using a pizza wheel, cut the dough crosswise into triangles.
- Place the dough triangles onto a sheet tray and bake until light brown, 10 to 12 minutes.
- Let cool for 3 to 4 minutes on the tray before removing.
- Eat right away or store in an airtight container.
- In a small bowl, combine the yeast and sugar and whisk together with the warm water.
- Let sit for 15 minutes; when the water looks frothy and smells very yeasty, it's ready.
- In the bowl of a standing mixer fitted with the dough hook attachment, add the flours and salt.
- Pour in the yeast-water mixture and the olive oil.
- Mix to combine on medium speed. When a dough ball has formed, continue to knead until the dough is tight and not at all sticky, 5 to 6 minutes.
- Lightly oil a mixing bowl, place the dough in the bowl and cover with a tea towel or plastic wrap.
- Place the bowl in a warm place to let rise until doubled in size, about 1 hour. Punch the dough down and let it rise a final time for 30 to 40 minutes before using.

## Nutrition Facts



## Properties

Glycemic Index:35.52, Glycemic Load:11.07, Inflammation Score:-4, Nutrition Score:9.2939129795717%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 409.87kcal (20.49%), Fat: 16.25g (25%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 47.45g (17.25%), Sugar: 0.76g (0.84%), Cholesterol: 5.67mg (1.89%), Sodium: 718.47mg (31.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.97%), Selenium: 27.17µg (38.82%), Vitamin B1: 0.38mg (25.3%), Folate: 83.23µg (20.81%), Vitamin B2: 0.24mg (14.33%), Vitamin E: 2.11mg (14.06%), Fiber: 2.85g (11.4%), Vitamin B3: 2.26mg (11.29%), Calcium: 107.67mg (10.77%), Phosphorus: 106.43mg (10.64%), Iron: 1.91mg

(10.61%), Manganese: 0.2mg (10.04%), Vitamin K: 8.53µg (8.12%), Magnesium: 18.49mg (4.62%), Zinc: 0.65mg (4.34%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.07mg (3.65%), Copper: 0.07mg (3.62%), Vitamin A: 134.52IU (2.69%), Potassium: 80.12mg (2.29%), Vitamin B12: 0.1µg (1.68%)