

Roasted Garlic Bean Dip

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce navy beans rinsed drained canned
- 1 teaspoon rosemary dried
- 4 medium heads garlic
- 2 teaspoons ground cumin
- 0.3 cup cream sour
- 4 tablespoons olive oil
- 8 servings salt and pepper to taste
- 1 large onion sweet peeled chopped

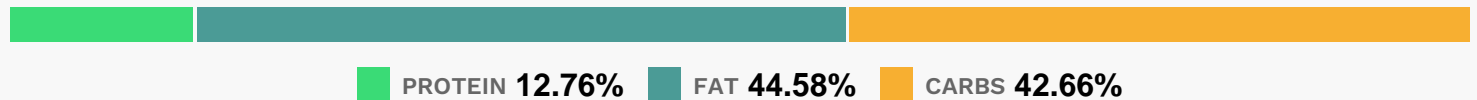
Equipment

- food processor
- sauce pan
- oven
- blender
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Leaving the cloves intact, remove the outer skin from the garlic. Wrap heads in aluminum foil with 2 tablespoons olive oil, rosemary, salt and pepper.
- Bake garlic approximately 45 minutes in the preheated oven, until the skins are easily removed.
- In a medium saucepan over medium heat, cook and stir sweet onion with remaining 2 tablespoons of olive oil until soft and lightly browned.
- Remove garlic cloves from their skin, and place in a blender or food processor with the sweet onion, navy beans, cumin and nonfat sour cream. Salt and pepper to taste. Blend to desired consistency. Refrigerate until serving.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:5.5704347037751%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg 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: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin:

0.48mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 144.94kcal (7.25%), Fat: 7.38g (11.35%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 12.73g (4.63%), Sugar: 2.28g (2.53%), Cholesterol: 0.86mg (0.29%), Sodium: 449.82mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Manganese: 0.26mg (12.83%), Fiber: 3.15g (12.61%), Folate: 43.63µg (10.91%), Vitamin E: 1.45mg (9.65%), Phosphorus: 94.77mg (9.48%), Iron: 1.48mg (8.2%), Magnesium: 31.65mg (7.91%), Copper: 0.14mg (7.07%), Vitamin B1: 0.1mg (6.66%), Potassium: 225.86mg (6.45%), Vitamin B6: 0.12mg (5.95%), Vitamin K: 5.92µg (5.63%), Selenium: 3.9µg (5.57%), Calcium: 51.15mg (5.11%), Zinc: 0.54mg (3.61%), Vitamin B2: 0.05mg (3.18%), Vitamin C: 2.56mg (3.1%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.14mg (1.35%)