



Roasted garlic dip with vegetable platter

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings globe artichokes boiled cooked
- ☐ 6 servings lightly baby carrot raw cooked
- ☐ 250 g cheese such as soft goat's cheese, ricotta or philadelphia soft
- ☐ 1 slices fennel bulb raw
- ☐ 4 large heads garlic green
- ☐ 2 large garlic cloves green thinly sliced
- ☐ 2 tbsp herbs - mixture of parsley fresh chopped
- ☐ 6 servings tiny broad bean raw

- ☐ 6 servings little milk if necessary
- ☐ 6 tbsp olive oil
- ☐ 3 sprigs thyme leaves fresh

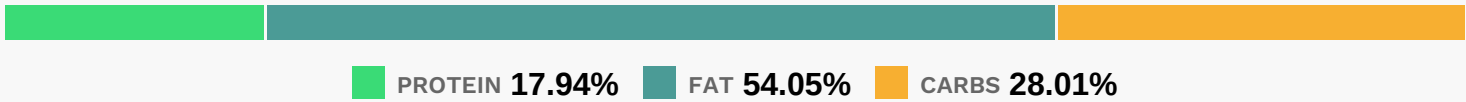
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oven to 190C/gas 5/fan 170C.
- ☐ Cut aslice off the top of each head of garlic and place onfoil. Spoon over 4 tbsp of the oil, tuck in the thymeand wrap. Season with salt and pepper and bake forup to 1 hour – until the garlic is very soft. Cool.Beat the cheese in a bowl until smooth. Squeezethe roasted garlic out of its skin into the cheese andmash with a fork until smoothish. Beat insufficient oil and/or milk to get a good dippingconsistency. Beat in the herbs and season to taste –add a squeeze of lemon too, if necessary.
- ☐ Heat 1 tsp oil in a small pan and fry the slicedgarlic gently until golden brown (not too brown orit will taste bitter).
- ☐ Drain and scatter the garlicover the dip.
- ☐ Serve the dip in the centre of a largeplatter of vegetables.

Nutrition Facts



Properties

Glycemic Index:65.81, Glycemic Load:13.95, Inflammation Score:-10, Nutrition Score:26.434782567232%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 509.44kcal (25.47%), Fat: 31.15g (47.92%), Saturated Fat: 12.64g (78.99%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 29.24g (10.63%), Sugar: 17.31g (19.23%), Cholesterol: 48.45mg (16.15%), Sodium: 303.69mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.53%), Vitamin A: 11684.68IU (233.69%), Phosphorus: 495.41mg (49.54%), Calcium: 426.98mg (42.7%), Vitamin K: 38.85µg (37%), Vitamin B2: 0.62mg (36.46%), Manganese: 0.6mg (29.79%), Copper: 0.59mg (29.34%), Fiber: 7.08g (28.31%), Folate: 112.9µg (28.22%), Potassium: 891.91mg (25.48%), Vitamin B12: 1.4µg (23.28%), Vitamin B6: 0.44mg (21.84%), Magnesium: 86.23mg (21.56%), Vitamin B1: 0.3mg (19.86%), Vitamin D: 2.85µg (19%), Vitamin E: 2.76mg (18.38%), Zinc: 2.49mg (16.57%), Vitamin B5: 1.56mg (15.57%), Iron: 2.65mg (14.74%), Selenium: 8.45µg (12.07%), Vitamin C: 7.59mg (9.2%), Vitamin B3: 1.82mg (9.09%)