



Roasted Garlic, Feta and Walnut Dip, Toasted Flat Bread

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

Ingredients

- 4 servings pepper black freshly ground
- 1.5 cups feta cheese
- 4 flat breads toasted cut into wedges and
- 0.3 cup flat-leaf parsley
- 1 medium bulb garlic
- 1 large clove garlic
- 0.5 cup milk
- 1 tablespoon olive oil extra-virgin for drizzling

- 1 teaspoon oregano dried
- 0.5 teaspoon pepper flakes red crushed
- 1 cup walnut halves toasted

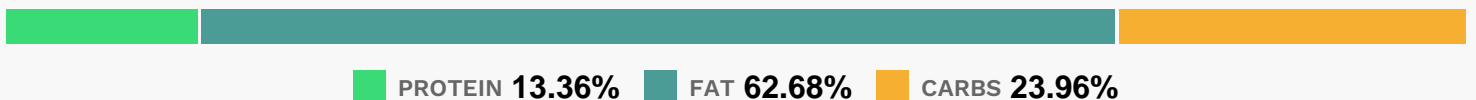
Equipment

- food processor
- baking sheet
- oven
- aluminum foil
- spatula
- toaster

Directions

- Preheat oven or toaster oven to highest setting.
- Pour oil over cut side of garlic bulb and rub into skin. Double wrap garlic in foil and roast 20 to 25 minutes in toaster oven or hot conventional oven.
- Combine walnuts, feta, milk, oregano, parsley, black pepper, red pepper and garlic clove in food processor and pulse process until spread is smooth. Scrape spread into serving dish with spatula.
- Drizzle dip with extra-virgin olive oil and serve.
- When you remove garlic from the oven, turn heat off. Arrange triangles of cut pita or flat bread on a small tray or cookie sheet.
- Place bread into the hot toaster oven or conventional oven. The bread will be warmed through and lightly toasted in 5 minutes.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:22.49, Inflammation Score:-8, Nutrition Score:21.267391298128%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 505.46kcal (25.27%), Fat: 36.22g (55.72%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.84g (10.12%), Sugar: 2.32g (2.57%), Cholesterol: 53.72mg (17.91%), Sodium: 874.5mg (38.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.74%), Vitamin K: 69.06µg (65.77%), Manganese: 1.28mg (64.05%), Calcium: 395.07mg (39.51%), Phosphorus: 366.49mg (36.65%), Vitamin B2: 0.61mg (35.88%), Copper: 0.57mg (28.38%), Vitamin B6: 0.46mg (23.02%), Vitamin B1: 0.32mg (21.21%), Zinc: 3.07mg (20.45%), Magnesium: 75.11mg (18.78%), Vitamin B12: 1.12µg (18.59%), Folate: 63.28µg (15.82%), Selenium: 10.75µg (15.35%), Vitamin A: 691.85IU (13.84%), Fiber: 3.32g (13.28%), Iron: 2.29mg (12.73%), Vitamin B5: 1.02mg (10.15%), Vitamin B3: 1.89mg (9.43%), Potassium: 296.95mg (8.48%), Vitamin C: 5.85mg (7.09%), Vitamin E: 1.04mg (6.95%), Vitamin D: 0.56µg (3.74%)