



Roasted Garlic, Sun-Dried Tomato, and White Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15.8 ounce cannellini beans rinsed drained canned
- 2 tablespoons olive oil extravirgin
- 0.5 teaspoon rosemary fresh chopped
- 1 garlic head whole
- 0.3 teaspoon kosher salt
- 3.5 ounce sun-dried tomatoes packed

1 cup water

Equipment

food processor

bowl

sauce pan

oven

aluminum foil

colander

Directions

Preheat oven to 37

Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.

Bake at 375 for 45 minutes; cool for 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Bring 1 cup water to a boil in a saucepan.

Add tomatoes; cover and remove from heat.

Let stand 10 minutes.

Drain tomatoes in a colander over a bowl, reserving 1/4 cup liquid.

Place garlic pulp, tomatoes, 1/4 cup reserved liquid, oil, and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



PROTEIN 17.39% **FAT 27.1%** **CARBS 55.51%**

Properties

Glycemic Index:5.75, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:4.0600000308908%

Nutrients (% of daily need)

Calories: 63.75kcal (3.19%), Fat: 2.05g (3.15%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 7.28g (2.65%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 44.9mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Manganese: 0.24mg (11.8%), Potassium: 312.19mg (8.92%), Fiber: 2.15g (8.59%), Copper: 0.14mg (6.81%), Folate: 26.91µg (6.73%), Magnesium: 26.56mg (6.64%), Phosphorus: 60.49mg (6.05%), Iron: 1.02mg (5.67%), Vitamin B1: 0.07mg (4.88%), Vitamin K: 3.77µg (3.59%), Vitamin C: 2.85mg (3.46%), Vitamin B3: 0.69mg (3.46%), Vitamin B2: 0.05mg (2.79%), Vitamin B6: 0.05mg (2.63%), Calcium: 22.63mg (2.26%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.31mg (2.06%), Vitamin E: 0.25mg (1.69%), Vitamin A: 54.48IU (1.09%)