



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

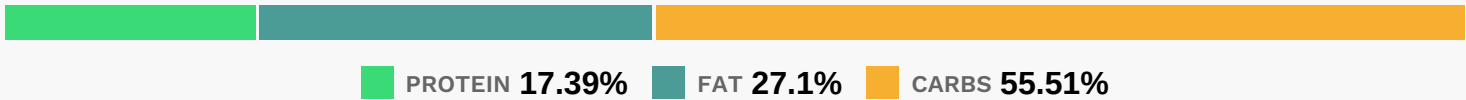
Equipment

- ☐ 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



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 B3: 0.69mg (3.46%), Vitamin C: 2.85mg (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%)