



Roasted Garlic-Sweet Pea Spread

READY IN



45 min.

SERVINGS



10

CALORIES



185 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 10 servings round buttery crackers assorted
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic bulb
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 cups blanched peas fresh sweet
- ☐ 0.5 teaspoon pepper freshly ground

☐ 0.5 cup ricotta cheese

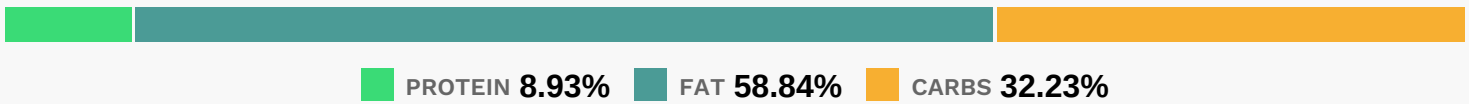
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Cut off pointed end of garlic bulb; place garlic bulb on a piece of aluminum foil, and drizzle with 1 Tbsp. olive oil. Fold foil to seal.
- ☐ Bake 30 minutes; let cool 10 minutes. Process blanched peas in a food processor until smooth. Squeeze pulp from roasted garlic bulb into food processor bowl with peas; add ricotta cheese, basil, and lemon juice. Process until smooth. With processor running, pour 1/4 cup olive oil through food chute in a slow, steady stream, processing until smooth. Stir in kosher salt and freshly ground pepper.
- ☐ Serve with crackers.
- ☐ How to Blanch Peas: Cook desired amount of fresh sweet peas, snow peas, or sugar snap peas in boiling salted water to cover 1 to 3 minutes or until crisp-tender; drain. Plunge into ice-cold water to stop the cooking process; drain.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.26, Inflammation Score:-4, Nutrition Score:6.6339130654283%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 185.39kcal (9.27%), Fat: 12.25g (18.85%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 13.03g (4.74%), Sugar: 3.06g (3.4%), Cholesterol: 6.32mg (2.11%), Sodium: 385.8mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin K: 22.08µg (21.03%), Vitamin C: 12.96mg (15.71%), Manganese: 0.23mg (11.58%), Vitamin E: 1.6mg (10.66%), Vitamin B1: 0.15mg (10.07%), Phosphorus: 95.79mg (9.58%), Fiber: 2.07g (8.28%), Folate: 32.89µg (8.22%), Vitamin B3: 1.41mg (7.06%), Iron: 1.26mg (7.03%), Vitamin B2: 0.11mg (6.25%), Vitamin A: 309.43IU (6.19%), Calcium: 60mg (6%), Selenium: 3.11µg (4.44%), Zinc: 0.61mg (4.08%), Copper: 0.08mg (3.93%), Magnesium: 14.79mg (3.7%), Vitamin B6: 0.07mg (3.51%), Potassium: 110.33mg (3.15%), Vitamin B5: 0.12mg (1.24%)