



Roasted Garlic-White Bean Dip

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 31 ounce cannellini beans rinsed drained canned
- ☐ 1 cup fat-free ricotta cheese fat-free
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup olive oil

- ☐ 0.8 cup parmesan cheese fresh grated
- ☐ 0.3 cup water

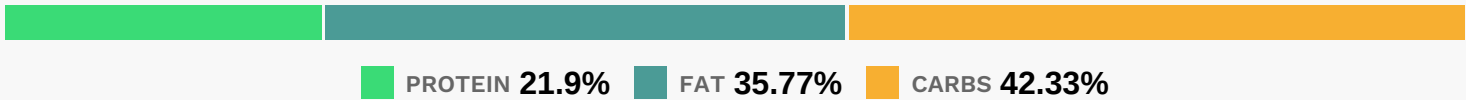
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Heat a small saucepan over low heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook 5 minutes.
- ☐ Place beans and 1/3 cup water in a food processor.
- ☐ Add garlic mixture, ricotta cheese, and next 3 ingredients (through 1/4 teaspoon black pepper); process until smooth.
- ☐ Place bean mixture in a 3-quart electric slow cooker. Cover and cook on LOW for 2 hours.
- ☐ Stir in olives and lemon rind.
- ☐ Garnish with rosemary and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:3.14, Inflammation Score:0, Nutrition Score:5.5404348094826%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 136.51kcal (6.83%), Fat: 5.41g (8.33%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 11.48g (4.18%), Sugar: 0.76g (0.85%), Cholesterol: 6.02mg (2.01%), Sodium: 135.9mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Manganese: 0.33mg (16.36%), Calcium: 132mg (13.2%), Fiber: 2.93g (11.71%), Iron: 1.85mg (10.27%), Folate: 38.56µg (9.64%), Phosphorus: 90.01mg (9%), Magnesium: 32.75mg (8.19%), Potassium: 276.98mg (7.91%), Copper: 0.15mg (7.26%), Vitamin E: 1.08mg (7.2%), Zinc: 0.81mg (5.4%), Vitamin B1: 0.06mg (4.08%), Vitamin K: 4.06µg (3.86%), Selenium: 2.26µg (3.22%), Vitamin B6: 0.06mg (3.22%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.14mg (1.39%)