



Roasted-Garlic White Bean Hummus



Vegetarian



Vegan



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 fennel bulb unpeeled
- ☐ 2 teaspoons vegetable oil
- ☐ 15.5 ounces great northern beans drained canned
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 1 serving parsley fresh chopped
- ☐ 1 serving wholewheat pita breads raw

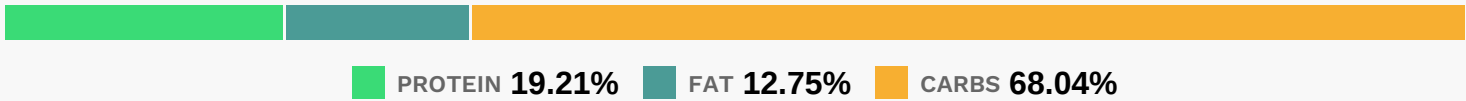
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut 1/2-inch slice off top of garlic bulb.
- ☐ Drizzle oil over garlic bulb. Wrap garlic in foil.
- ☐ Bake 50 to 60 minutes or until garlic is soft when pierced with a knife; cool slightly.
- ☐ Squeeze garlic into food processor.
- ☐ Add beans, reserved bean liquid, lemon juice and salt. Cover and process until uniform consistency.
- ☐ Spoon dip into serving dish.
- ☐ Sprinkle with parsley.
- ☐ Serve with pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:3.39043480417%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 51.15kcal (2.56%), Fat: 0.75g (1.15%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.11g (2.58%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 100.3mg (4.36%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 14.32µg (13.64%), Manganese: 0.16mg (7.89%), Fiber: 1.89g (7.57%), Folate: 27.98µg (6.99%), Phosphorus: 48.43mg (4.84%), Potassium: 165.44mg (4.73%), Magnesium: 17.7mg (4.42%), Vitamin C: 3.53mg (4.28%), Vitamin B1: 0.05mg (3.4%), Iron: 0.61mg (3.36%), Copper: 0.06mg (3.02%), Calcium: 25.29mg (2.53%), Vitamin B6: 0.04mg (1.93%), Selenium: 1.23µg (1.76%), Zinc: 0.24mg (1.61%), Vitamin B3: 0.3mg (1.51%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.13mg (1.29%)