



Roasted Garlic-White Bean Spread

 Vegetarian  Vegan  Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



212 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 15 oz navy beans rinsed drained canned
- 2 tsp rosemary fresh chopped
- 3 oz bulb garlic
- 0.3 tsp ground pepper black
- 1 Tbsp olive oil divided
- 1 Tbsp water
- 10 servings lightly woven wheat crackers salted

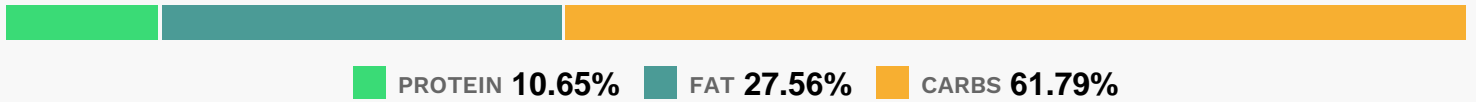
Equipment

- bowl
- oven
- blender
- aluminum foil

Directions

- Cut off and discard top third of garlic bulb; drizzle with 1/2 tsp. oil. Wrap completely in foil.
- Bake at 400F for 40 minutes or until garlic is tender. Cool completely.
- Squeeze garlic pulp from bulb.
- Place in blender container with beans, remaining 1 Tbsp. oil and water; cover. Blend using pulsing action and scraping side of container until well blended.
- Transfer to serving bowl.
- Add rosemary and pepper; mix well.
- Garnish with rosemary sprigs, if desired.
- Serve as a spread with crackers.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:4.873043494704%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 211.67kcal (10.58%), Fat: 6.6g (10.15%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 28.91g (10.51%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 419.02mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Fiber: 4.36g (17.45%), Manganese: 0.31mg (15.47%), Iron: 1.68mg (9.33%), Vitamin B6: 0.15mg (7.49%), Phosphorus: 70.17mg (7.02%), Folate: 26.78µg (6.7%), Copper: 0.12mg (5.76%), Magnesium: 22.34mg (5.59%), Calcium: 54.7mg (5.47%), Selenium: 3.68µg (5.25%), Vitamin B1: 0.08mg

(5.14%), Potassium: 158.19mg (4.52%), Vitamin C: 2.98mg (3.61%), Vitamin E: 0.54mg (3.6%), Zinc: 0.43mg (2.85%),
Vitamin K: 2.3µg (2.19%), Vitamin B2: 0.03mg (1.94%), Vitamin B3: 0.27mg (1.34%), Vitamin B5: 0.13mg (1.26%)