



## Roasted Tomato Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups chickpeas cooked drained
- 10 large leaves basil fresh
- 4 cloves garlic divided minced ( )
- 2 medium tomatoes
- 2 tsp balsamic vinegar white (or lemon juice)

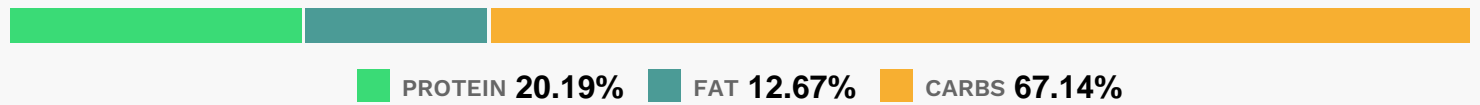
### Equipment

- food processor
- oven

## Directions

- Sprinkle each slice with garlic, using only half of the garlic.
- Add a sprinkling of black pepper, oregano, and salt to the top of each slice. (You can also add olive oil, but I resisted the temptation.)
- Place in the oven for about 30 minutes, until tomatoes are totally cooked but are not burning.
- Remove from oven to cool (or use warm and then chill the dip after preparing).
- Place the remaining garlic into the food processor along with the chickpeas, vinegar, and roasted tomatoes. Blend well.
- Add the basil leaves and salt, if you like, and blend again.
- Serve chilled with vegetables or crackers for dipping. Also makes a good sandwich spread or salad dressing.

## Nutrition Facts



## Properties

Glycemic Index:53.44, Glycemic Load:4.28, Inflammation Score:-6, Nutrition Score:9.850869593413%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 119.02kcal (5.95%), Fat: 1.74g (2.68%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 15.24g (5.54%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 8.55mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Manganese: 0.77mg (38.58%), Folate: 115.94µg (28.99%), Fiber: 5.49g (21.98%), Copper: 0.27mg (13.36%), Vitamin C: 10.39mg (12.59%), Phosphorus: 123.87mg (12.39%), Vitamin K: 12.56µg (11.96%), Vitamin A: 595.11IU (11.9%), Iron: 2.05mg (11.41%), Potassium: 343.41mg (9.81%), Magnesium: 38.15mg (9.54%), Vitamin B6: 0.17mg (8.69%), Zinc: 1.09mg (7.28%), Vitamin B1: 0.1mg (6.7%), Calcium: 44.64mg (4.46%), Selenium: 2.71µg (3.86%), Vitamin E: 0.56mg (3.73%), Vitamin B3: 0.72mg (3.61%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.25mg (2.51%)