



HEALTH SCORE

100%

White Bean and Roasted Garlic Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 servings baked tortilla chips for serving



28 ounce beans white rinsed drained canned



2 tablespoons basil fresh chopped



2 tablespoons mint leaves fresh chopped



1 head garlic



0.5 juice of lemon



6 servings kosher salt and pepper black freshly ground



1 tablespoon olive oil extra-virgin for roasting garlic

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6 servings cut-up vegetables raw such as carrots, celery and peppers, for serving assorted

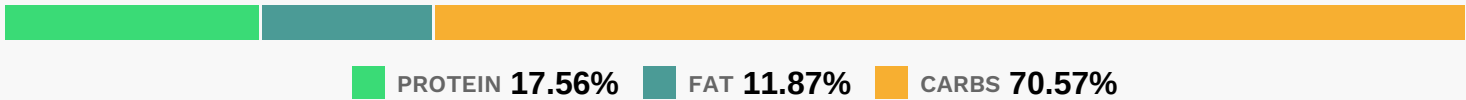
Equipment

- ☐ food processor
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Slice off the very top of the garlic head.
- ☐ Drizzle the head with olive oil and wrap in foil.
- ☐ Place on a sheet tray and bake until tender and fragrant, roughly 35 minutes.
- ☐ Remove from the oven and let cool.
- ☐ Remove the cloves and mash with a wooden spoon.
- ☐ Add the olive oil, basil, mint, beans, lemon juice, and some salt and pepper to a food processor and pulse until smooth. For a smooth texture, leave the machine running for a moment.
- ☐ Serve with the vegetables and baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:11.05, Inflammation Score:-10, Nutrition Score:21.59956509134%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 354.96kcal (17.75%), Fat: 4.84g (7.44%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 64.74g (21.58%), Net Carbohydrates: 52.99g (19.27%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 168.13mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.23%), Vitamin A: 4757.18IU (95.14%), Manganese: 1.02mg (51.09%), Fiber: 11.75g (47%), Iron: 5.48mg (30.43%), Folate: 119.87µg (29.97%), Magnesium: 119.72mg (29.93%), Phosphorus: 272.21mg (27.22%), Potassium: 903.8mg (25.82%), Copper: 0.45mg (22.3%), Vitamin B1: 0.31mg (20.75%), Calcium: 178.14mg (17.81%), Zinc: 2.29mg (15.29%), Vitamin C: 12.59mg (15.26%), Vitamin B6: 0.3mg (14.97%), Vitamin B2: 0.22mg (12.67%), Selenium: 7.55µg (10.78%), Vitamin E: 1.61mg (10.74%), Vitamin K: 8.31µg (7.91%), Vitamin B3: 1.48mg (7.38%), Vitamin B5: 0.43mg (4.33%)