

Super Creamy White Bean Dip

Jessica Merchant - *Seriously Delish*
Relish Magazine - October 2014

Yield: 3 cups

1 head garlic
olive oil
2 cans (15 ounce ea) cannellini beans,
drained and rinsed
6 tablespoons extra-virgin olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground black
pepper.

Make the roasted garlic: Preheat the oven to 325 degrees. Cut the top off the garlic head so that the cloves are exposed. Drizzle the garlic head with a bit of olive oil. Wrap the head tightly in aluminum foil. Place on a baking sheet. Roast for one hour. Let cool for 5 minutes. Remove the foil and SQUEEZE the garlic head to release the roasted cloves. Set aside.

Combine the cannellini beans and about two-thirds of the garlic cloves in a food processor. Blend well.

With the processor on, stream in the olive oil. Continue to blend until the dip is creamy.

Add the salt and pepper and blend once more.

Add the remaining roasted garlic cloves on the top for garnish..

Per Serving (excluding unknown items): 721 Calories; 81g Fat (99.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1066mg Sodium. Exchanges: 0 Vegetable; 16 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|-------|
| Calories (kcal): | 721 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 99.4% | Vitamin B12 (mcg): | 0mcg |

% Calories from Carbohydrates: 0.5%
 % Calories from Protein: 0.1%
 Total Fat (g): 81g
 Saturated Fat (g): 11g
 Monounsaturated Fat (g): 60g
 Polyunsaturated Fat (g): 7g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 1066mg
 Potassium (mg): 12mg
 Calcium (mg): 13mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): 0mg
 Folic Acid (mcg): trace
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 16
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 721 Calories from Fat: 716

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 81g | 125% |
| Saturated Fat | 11g | 55% |
| Cholesterol | 0mg | 0% |
| Sodium | 1066mg | 44% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 0% |
| Protein | trace | |
| Vitamin A | | 0% |
| Vitamin C | | 2% |
| Calcium | | 1% |
| Iron | | 2% |

* Percent Daily Values are based on a 2000 calorie diet.