



Beet, Chickpea, and Almond Dip with Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce beets peeled cut into 3/4-inch cubes
- ☐ 1 cup garbanzo beans canned drained (chickpeas; from)
- ☐ 5 garlic clove peeled
- ☐ 0.8 cup olive oil extra virgin extra-virgin plus more for chips
- ☐ 6 7-inch wholewheat pita breads
- ☐ 1.5 tablespoons red wine vinegar ()
- ☐ 0.3 cup slivered almonds

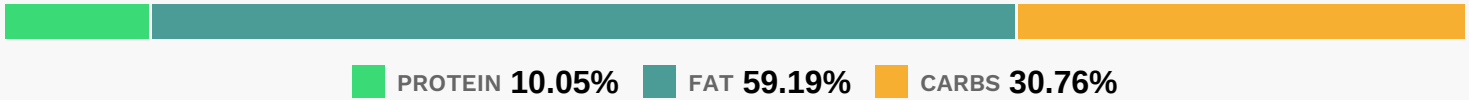
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook beet in medium saucepan of boiling salted water until tender, about 12 minutes.
- ☐ Drain; place in processor.
- ☐ Add garbanzo beans, 3/4 cup oil, almonds, and garlic. Blend until smooth.
- ☐ Add 1 1/2 tablespoons red wine vinegar and blend well. Season to taste with salt, pepper, and additional vinegar, if desired.
- ☐ Transfer dip to medium bowl. Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.
- ☐ Preheat oven to 400°F.
- ☐ Brush pita breads on both sides with oil; sprinkle lightly with salt and pepper.
- ☐ Cut each bread into 8 wedges. Arrange wedges on rimmed baking sheets.
- ☐ Bake until lightly brown and crisp, about 12 minutes. Cool chips on sheets.
- ☐ Place dip in center of platter. Surround with chips and serve.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:4.1926086104434%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 90.96kcal (4.55%), Fat: 6.2g (9.54%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 83.78mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Manganese: 0.37mg (18.72%), Vitamin E: 1.46mg (9.73%), Folate: 37.75µg (9.44%), Fiber: 2.17g (8.69%), Vitamin B6: 0.14mg (7.2%), Magnesium: 21.94mg (5.49%), Phosphorus: 47.79mg (4.78%), Copper: 0.09mg (4.73%), Potassium: 155.95mg (4.46%), Iron: 0.68mg (3.79%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.37mg (2.5%), Calcium: 25.04mg (2.5%), Vitamin C: 2.01mg (2.43%), Vitamin K: 2.53µg (2.41%), Vitamin B1: 0.03mg (1.87%), Selenium: 1.01µg (1.45%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.14mg (1.35%)