



HEALTH SCORE

93%

Chick-Pea Cumin Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups a 19-ounce can chick-peas drained canned
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup flat-leafed parsley leaves plus additional fresh chopped for garnish
- ☐ 3 tablespoons juice of lemon fresh to taste
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 12 ounces spicy tofu soft

Equipment

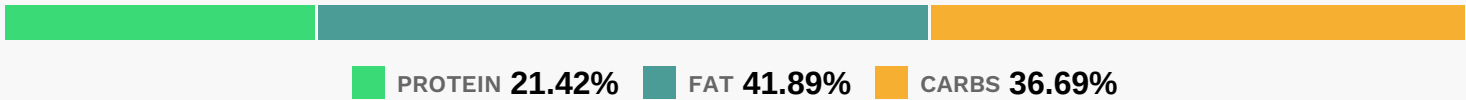
- ☐ food processor

- ☐ frying pan
- ☐ sieve

Directions

- ☐ In a dry small heavy skillet toast cumin seeds over moderate heat, shaking pan, until a shade darker and transfer to a plate to cool. In a sieve rinse and drain chickpeas.
- ☐ Drain tofu.
- ☐ In a food processor purée chick-peas, tofu, cumin seeds, lemon juice, and 1 tablespoon oil until chick-peas are smooth. Stir in parsley and salt and pepper to taste.
- ☐ Drizzle dip with remaining tablespoon oil and garnish with parsley.
- ☐ Serve dip with pita toasts and/or crudités.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:19.477391305177%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 369.67kcal (18.48%), Fat: 17.68g (27.19%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 25.19g (9.16%), Sugar: 6.05g (6.73%), Cholesterol: 0mg (0%), Sodium: 18.69mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.67%), Vitamin K: 92.1µg (87.71%), Manganese: 1.2mg (60.13%), Folate: 198.85µg (49.71%), Fiber: 9.64g (38.55%), Iron: 6.22mg (34.57%), Calcium: 221.83mg (22.18%), Copper: 0.41mg (20.6%), Phosphorus: 197.76mg (19.78%), Vitamin C: 14.03mg (17.01%), Magnesium: 63.2mg (15.8%), Vitamin E: 1.85mg (12.36%), Zinc: 1.83mg (12.2%), Potassium: 397.16mg (11.35%), Vitamin B1: 0.15mg (9.82%), Vitamin A: 477.02IU (9.54%), Vitamin B6: 0.17mg (8.6%), Selenium: 4.17µg (5.96%), Vitamin B2: 0.08mg (4.86%), Vitamin B3: 0.75mg (3.73%), Vitamin B5: 0.35mg (3.52%)