



Chickpea and Feta Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz chickpeas rinsed canned (garbanzo beans)
- 3 Tbsp olive oil extra virgin
- 0.7 cup athenos feta cheese divided crumbled traditional
- 1 clove garlic
- 0.5 juice of lemon
- 0.3 cup roasted pepper strips red divided drained
- 1 tsp sesame oil toasted

Equipment

food processor

bowl

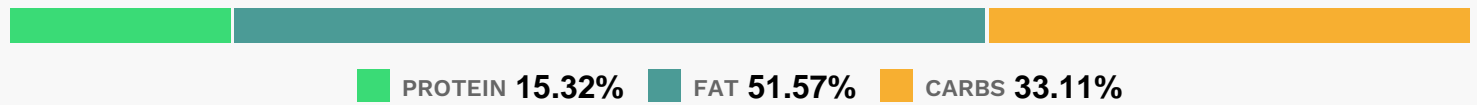
Directions

Process chickpeas, 1/2 cup cheese, 1/4 cup peppers and next 4 ingredients in food processor until smooth.

Spoon into serving bowl.

Top with remaining cheese and peppers.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:2.9291304369336%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 60.03kcal (3%), Fat: 3.53g (5.43%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.02g (0.02%), Cholesterol: 3.71mg (1.24%), Sodium: 172.7mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.3mg (14.82%), Vitamin B6: 0.19mg (9.53%), Fiber: 1.59g (6.35%), Phosphorus: 43.02mg (4.3%), Calcium: 34.02mg (3.4%), Copper: 0.06mg (2.93%), Iron: 0.49mg (2.73%), Folate: 10.63µg (2.66%), Magnesium: 10.64mg (2.66%), Zinc: 0.37mg (2.47%), Vitamin B2: 0.04mg (2.43%), Selenium: 1.36µg (1.94%), Vitamin E: 0.26mg (1.75%), Potassium: 57.61mg (1.65%), Vitamin B5: 0.15mg (1.49%), Vitamin C: 1.22mg (1.48%), Vitamin B1: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.17%), Vitamin K: 1.16µg (1.1%)