



## Chickpea-and-Red Pepper Dip

READY IN



45 min.

SERVINGS



3

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce chickpeas rinsed drained canned
- 1 garlic clove minced
- 0.5 cup nonfat cream sour
- 3 servings garnish: parsley sprig fresh
- 0.3 teaspoon pepper
- 3 servings baked pita chips
- 7 ounce roasted peppers sweet red drained
- 0.3 teaspoon salt

# Equipment

food processor

# Directions

Process first 6 ingredients in a food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour.

Garnish, if desired; serve with

Baked Pita Chips.

# Nutrition Facts



**PROTEIN 16.04%** **FAT 21.01%** **CARBS 62.95%**

# Properties

Glycemic Index:55.44, Glycemic Load:6.53, Inflammation Score:-9, Nutrition Score:26.726956901343%

# Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 309.93kcal (15.5%), Fat: 7.44g (11.45%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 40.88g (14.87%), Sugar: 4.31g (4.78%), Cholesterol: 3.45mg (1.15%), Sodium: 912.38mg (39.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.57%), Vitamin C: 90.45mg (109.64%), Manganese: 1.54mg (76.97%), Vitamin K: 69.47µg (66.16%), Vitamin A: 2529.51IU (50.59%), Vitamin B6: 0.96mg (48.12%), Fiber: 9.3g (37.2%), Folate: 116.38µg (29.1%), Phosphorus: 213.41mg (21.34%), Selenium: 14.54µg (20.78%), Iron: 3.71mg (20.62%), Vitamin E: 3.02mg (20.12%), Vitamin B1: 0.26mg (17.46%), Magnesium: 65.49mg (16.37%), Copper: 0.3mg (14.98%), Vitamin B3: 2.9mg (14.52%), Potassium: 471.29mg (13.47%), Vitamin B2: 0.23mg (13.39%), Calcium: 118.41mg (11.84%), Zinc: 1.73mg (11.51%), Vitamin B5: 0.83mg (8.26%), Vitamin B12: 0.12µg (1.92%)