



Chickpea Cilantro Dip with Grilled Pita and Carrot Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup garbanzo beans canned rinsed drained
- ☐ 0.5 lb carrots trimmed cut into sticks
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 small garlic clove chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 2 7-inch wholewheat pita breads split with pockets, horizontally ()

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water

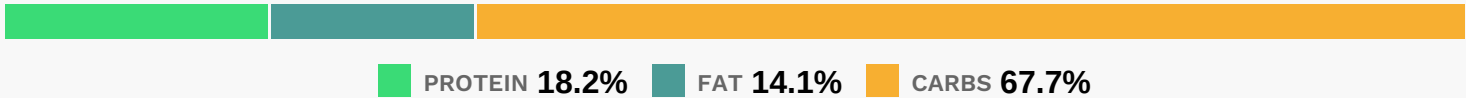
Equipment

- ☐ food processor
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill and on lid.
- ☐ Slip skins from chickpeas with your fingers, then purée chickpeas with yogurt, cilantro, garlic, lemon juice, water, and salt in a food processor until smooth.
- ☐ When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill pitas on lightly oiled grill rack, uncovered, turning once, until golden, about 2 minutes total.
- ☐ Serve dip with pitas and carrots.
- ☐ · Dip can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.· Pitas can also be grilled in a lightly oiled well-seasoned ridged grill pan over moderately high heat.
- ☐ Each serving contains about 168 calories and 1 gram fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:61.54, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:10.506086945534%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 73.16kcal (3.66%), Fat: 1.21g (1.86%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 9.54g (3.47%), Sugar: 3.93g (4.37%), Cholesterol: 0.92mg (0.31%), Sodium: 313.13mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin A: 9621.47IU (192.43%), Manganese: 0.44mg (22.08%), Vitamin B6: 0.29mg (14.74%), Fiber: 3.49g (13.96%), Vitamin K: 13.73µg (13.07%), Potassium: 296.16mg (8.46%), Vitamin C: 6.46mg (7.83%), Phosphorus: 77.74mg (7.77%), Calcium: 64.75mg (6.48%), Folate: 25.21µg (6.3%), Magnesium: 21.69mg (5.42%), Copper: 0.1mg (4.97%), Vitamin B2: 0.08mg (4.54%), Vitamin B1: 0.06mg (4.19%), Iron: 0.75mg (4.15%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.67mg (3.36%), Vitamin E: 0.44mg (2.92%), Selenium: 1.51µg (2.16%), Vitamin B12: 0.09µg (1.43%)