

Chickpea Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce chickpeas drained canned (garbanzo beans)
- ☐ 3 garlic cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

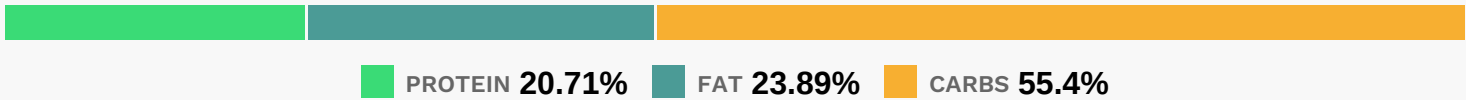
Equipment

☐ food processor

Directions

- ☐ Drop garlic through food chute with food processor on, and process until minced.
- ☐ Add yogurt and remaining ingredients; process until smooth.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:2.58, Inflammation Score:-2, Nutrition Score:4.7326087342656%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 70.84kcal (3.54%), Fat: 1.95g (3%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.16g (2.6%), Sugar: 0.6g (0.67%), Cholesterol: 0.46mg (0.15%), Sodium: 265.48mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Manganese: 0.58mg (28.76%), Vitamin B6: 0.34mg (16.92%), Fiber: 3.02g (12.09%), Phosphorus: 67.01mg (6.7%), Copper: 0.11mg (5.43%), Magnesium: 20.04mg (5.01%), Iron: 0.87mg (4.86%), Folate: 18.12µg (4.53%), Calcium: 40.06mg (4.01%), Zinc: 0.55mg (3.67%), Potassium: 123.17mg (3.52%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.77µg (2.52%), Vitamin B1: 0.03mg (1.86%), Vitamin B2: 0.03mg (1.7%), Vitamin C: 1.21mg (1.46%)