



Chickpea, Garlic, and Mint Topping



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 19 oz garbanzo beans rinsed drained canned
- ☐ 6 servings accompaniment: crostini
- ☐ 1 small garlic clove
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons mint leaves fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

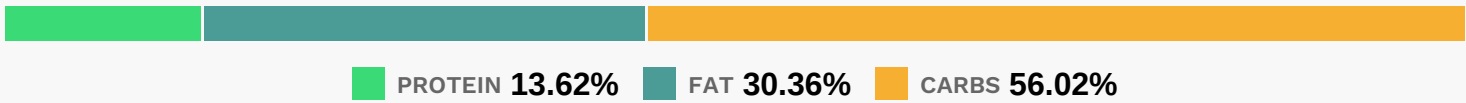
Equipment

- ☐ knife
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Slip skins from chickpeas with your fingers.
- ☐ Mash garlic to a paste with kosher salt and pepper using a mortar and pestle (or mince and mash with a large knife), then whisk paste together with lemon juice and oil until well blended. Toss with chickpeas, then mash with a fork until mixture just holds together.
- ☐ Let stand at room temperature 1 hour for flavors to develop. Stir in mint.
- ☐ · Chickpeas can be seasoned and mashed 1 day ahead and chilled, covered. Bring to room temperature, then stir in mint just before serving.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:24.47, Inflammation Score:-5, Nutrition Score:13.213043513505%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.17kcal (15.51%), Fat: 10.54g (16.21%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 38.21g (13.89%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 936.83mg (40.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Manganese: 1.08mg (54.04%), Vitamin B1: 0.41mg (27.02%), Vitamin B6: 0.5mg (25.13%), Folate: 94.55µg (23.64%), Fiber: 5.54g (22.15%), Iron: 3.5mg (19.45%), Selenium: 12.88µg (18.4%), Vitamin B3: 3.07mg (15.36%), Phosphorus: 135.64mg (13.56%), Vitamin B2: 0.23mg (13.34%), Copper: 0.23mg (11.32%), Magnesium: 43.38mg (10.84%), Calcium: 106.44mg (10.64%), Vitamin E: 1.2mg

(8%), Zinc: 1.16mg (7.75%), Potassium: 229.96mg (6.57%), Vitamin K: 6.28µg (5.98%), Vitamin B5: 0.53mg (5.28%),
Vitamin C: 2.49mg (3.02%), Vitamin A: 120.39IU (2.41%)