



## Chickpea Purée



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

## Ingredients

- ☐ 1 bay leaves
- ☐ 2 cups garbanzo beans canned rinsed drained (garbanzos)
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 chili peppers dried crumbled
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 4 garlic clove smashed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 4 servings salt and pepper
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon tahini

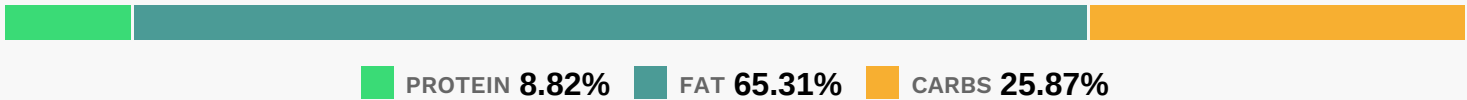
## Equipment

- ☐ food processor
- ☐ pot

## Directions

- ☐ Heat a medium pot over medium heat 2 minutes.
- ☐ Pour in 1/4 cup oil, wait 1 minute, and then add onion, 3 cloves garlic, chile, thyme, and bay leaf. Cook, stirring, until onion softens, 3 to 4 minutes. Stir in paprika, cinnamon, and cayenne; then stir in chickpeas and 2 tbsp. water. Cook over low heat, covered, stirring occasionally, 10 minutes to blend flavors. Season with salt and let cool.
- ☐ Remove bay leaf.
- ☐ Whirl chickpea mixture in a food processor with 2 tbsp. more water, salt and pepper to taste, tahini, cumin, remaining garlic, and 2 tbsp. oil. Pure until smooth, 7 to 8 minutes, whirling in up to 2 tbsp. more oil and 1/3 cup water to achieve a smooth, glossy consistency.
- ☐ Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:49.83, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:8.4356521108876%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 229.51kcal (11.48%), Fat: 17.25g (26.54%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 10.86g (3.95%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 425.45mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 0.8mg (39.78%), Vitamin B6: 0.47mg (23.38%), Fiber: 4.51g (18.05%), Vitamin E: 2.08mg (13.84%), Phosphorus: 108.85mg (10.89%), Copper: 0.21mg (10.54%), Iron: 1.69mg (9.38%), Vitamin K: 8.75µg (8.33%), Magnesium: 31.02mg (7.76%), Folate: 28.69µg (7.17%), Vitamin B1: 0.1mg (6.95%), Zinc: 0.85mg (5.65%), Potassium: 195.44mg (5.58%), Calcium: 50.9mg (5.09%), Vitamin A: 252.59IU (5.05%), Selenium: 3.51µg (5.01%), Vitamin C: 3.63mg (4.4%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.03mg (2.03%)