



Chickpea & red pepper dip



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 390 g chickpeas drained and rinsed canned
- ☐ 1 garlic clove crushed
- ☐ 4 tbsp olive oil extra-virgin
- ☐ 1 tablespoon juice of lemon
- ☐ 2 roasted red deseeded chopped fine (from a jar is)
- ☐ 1 small handful coriander fresh chopped
- ☐ 4 servings pitta bread toasted

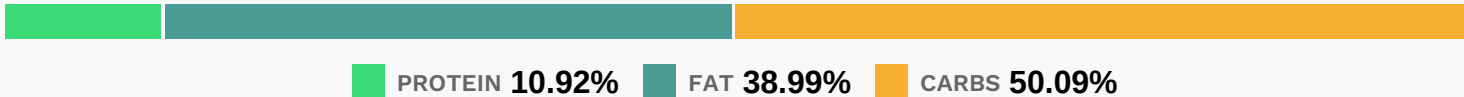
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the chickpeas in a food processor with the garlic, olive oil, lemon juice, red peppers and coriander. Blitz to a paste. Season to taste.
- ☐ Serve in a bowl with toasted pitta breads.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:33.46, Inflammation Score:-9, Nutrition Score:18.44478285831%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 381.2kcal (19.06%), Fat: 16.77g (25.8%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 41.65g (15.15%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 574.49mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.13%), Vitamin C: 78.21mg (94.8%), Manganese: 1.15mg (57.54%), Vitamin A: 1945.34IU (38.91%), Vitamin B6: 0.67mg (33.29%), Fiber: 6.83g (27.31%), Vitamin E: 2.99mg (19.92%), Folate: 66.58µg (16.64%), Phosphorus: 149.72mg (14.97%), Vitamin B1: 0.22mg (14.39%), Vitamin K: 14.46µg (13.77%), Iron: 2.35mg (13.06%), Copper: 0.26mg (12.92%), Magnesium: 48.7mg (12.17%), Potassium: 345.36mg (9.87%), Vitamin B3: 1.93mg (9.64%), Calcium: 88.84mg (8.88%), Zinc: 1.31mg (8.72%), Vitamin B2: 0.12mg (7.21%), Vitamin B5: 0.72mg (7.18%), Selenium: 2.13µg (3.04%)