



Chickpea, Roasted Pepper and Rosemary Spread with Flat Breads, Grape Tomatoes and Zucchini Discs

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- 30 ounce chickpeas drained canned (garbanzo beans)
- 8 servings coarse salt and pepper black freshly ground
- 1 package everything flavor flat breads
- 2 cloves garlic
- 1 pint grape tomatoes rinsed
- 0.5 juice of lemon juiced

- 2 tablespoons olive oil extra-virgin
- 1 small jar roasted peppers red drained coarsely chopped well
- 4 stems rosemary fresh
- 1 zucchini sliced into 1/4 inch disks

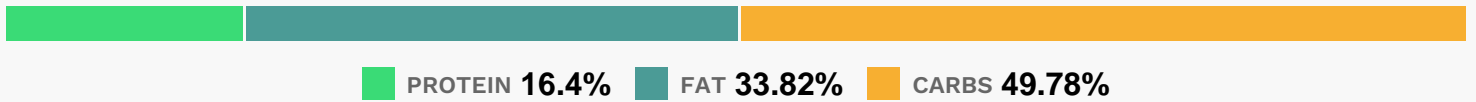
Equipment

- food processor
- bowl

Directions

- Watch how to make this recipe.
- Combine chickpeas, roasted red pepper, lemon juice, garlic, rosemary, salt and pepper in a food processor. Turn the processor on and stream in 2 tablespoons extra-virgin olive oil.
- Remove smooth spread to a serving bowl and surround with flat breads, grape tomatoes, and zucchini disks.

Nutrition Facts



Properties

Glycemic Index:31.54, Glycemic Load:4.73, Inflammation Score:-7, Nutrition Score:12.601304417071%

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: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 149.73kcal (7.49%), Fat: 5.94g (9.14%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 13.41g (4.88%), Sugar: 2.22g (2.47%), Cholesterol: 0mg (0%), Sodium: 883.32mg (38.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Manganese: 1.08mg (53.97%), Vitamin C: 33.43mg

(40.52%), Vitamin B6: 0.68mg (33.9%), Fiber: 6.26g (25.05%), Vitamin A: 793.99IU (15.88%), Copper: 0.27mg (13.57%), Folate: 49.12µg (12.28%), Potassium: 429.05mg (12.26%), Phosphorus: 118.96mg (11.9%), Magnesium: 45.25mg (11.31%), Iron: 1.98mg (10.98%), Vitamin K: 8.01µg (7.63%), Calcium: 68.11mg (6.81%), Zinc: 1.01mg (6.7%), Vitamin E: 0.86mg (5.71%), Vitamin B1: 0.08mg (5.34%), Vitamin B5: 0.45mg (4.49%), Vitamin B3: 0.85mg (4.25%), Vitamin B2: 0.07mg (3.83%), Selenium: 2.42µg (3.45%)