



HEALTH SCORE

100%

Chickpea Spread



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



547 kcal

CONDIMENT

DIP

SPREAD

Ingredients



8 leaves basil



6 cloves garlic smashed



1 teaspoon ground cumin



2 servings kosher salt black



3 juice of lemon fresh



1 cup olive oil extra virgin extra-virgin



0.5 onion sweet spanish sliced



2 large shallots sliced

☐ 2 cups sun-dried olives

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ grill

Directions

☐ Brush the onion slices with a little olive oil and season with kosher salt and pepper. On a hot griddle pan or in a cast-iron skillet, grill until tender and slightly char-marked.

☐ In a food processor, combine the grilled onion, sun-dried tomatoes, garlic, shallots, basil, and cumin. Pulse into a chunky purée. With the motor running, slowly drizzle in the olive oil, then the lemon juice. The mixture should be quite smooth.

☐ Transfer to a large bowl and add the Chickpea Confit. Fold together to blend. Return to the food processor in batches, and purée until the mixture is smooth and thick. Season to taste with pepper and salt (if the sun-dried tomatoes are very salty, you may not need much). The texture is a matter of taste; if it is very thick, add a little more olive oil to yield a creamier result. Well covered, the spread will last for at least a week in the refrigerator.

☐ * For two different textures, puree half the spread until very smooth and pale, and leave the other half chunky.

☐ * If you refrigerate the spread overnight, you can return it to a nice creamy texture by rewhipping in the food processor (pulse on and off for 1 minute).

☐ Cut a small triangle of pita and smear with Chickpea

☐ Spread. Top with a pinch of crumbled feta and some sliced scallions, picked sprigs of parsley or dill, and a few slivers of olive.

☐ Reprinted with permission from How to Roast a Lamb: New Greek Classic Cooking by Michael Psilakis, © October 2009 Little Brown

Nutrition Facts



PROTEIN 11.6% **FAT 37.22%** **CARBS 51.18%**

Properties

Glycemic Index:82.5, Glycemic Load:16.24, Inflammation Score:-9, Nutrition Score:42.358260984006%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 546.74kcal (27.34%), Fat: 25.35g (38.99%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 78.41g (26.14%), Net Carbohydrates: 62.87g (22.86%), Sugar: 48.73g (54.15%), Cholesterol: 0mg (0%), Sodium: 325.28mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 2.38mg (118.96%), Potassium: 4061.45mg (116.04%), Vitamin C: 69.75mg (84.55%), Copper: 1.68mg (84.05%), Vitamin K: 69.26µg (65.96%), Iron: 11.55mg (64.18%), Fiber: 15.54g (62.14%), Magnesium: 235.99mg (59%), Vitamin B3: 10.28mg (51.41%), Phosphorus: 452.42mg (45.24%), Vitamin B1: 0.67mg (44.37%), Vitamin B6: 0.7mg (34.94%), Vitamin B2: 0.58mg (34.17%), Folate: 113.06µg (28.27%), Vitamin B5: 2.57mg (25.66%), Vitamin E: 3.27mg (21.81%), Vitamin A: 1084.94IU (21.7%), Calcium: 178.98mg (17.9%), Zinc: 2.59mg (17.25%), Selenium: 8.15µg (11.64%)