



Chickpeas and Maple Syrup Spread

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds toasted
- 0.5 cup chickpeas cooked
- 0.3 cup juice of lemon
- 0.5 cup maple syrup
- 3 tablespoons raisins
- 8 slices sandwich bread white

Equipment

Nutrition Facts

PROTEIN 9.94% FAT 23.79% CARBS 66.27%

Properties

Glycemic Index:51.46, Glycemic Load:33.38, Inflammation Score:-5, Nutrition Score:18.470869565217%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 417.45kcal (20.87%), Fat: 11.34g (17.45%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 65.33g (23.76%), Sugar: 28.93g (32.15%), Cholesterol: 0mg (0%), Sodium: 247.04mg (10.74%), Protein: 10.66g (21.32%), Manganese: 1.87mg (93.66%), Vitamin B2: 0.87mg (51.21%), Vitamin E: 4.78mg (31.87%), Folate: 102.01µg (25.5%), Vitamin B1: 0.36mg (23.78%), Fiber: 5.75g (23.01%), Calcium: 211.57mg (21.16%), Magnesium: 84.35mg (21.09%), Selenium: 13.17µg (18.82%), Phosphorus: 186.58mg (18.66%), Iron: 3.28mg (18.24%), Copper: 0.35mg (17.73%), Vitamin B3: 3.31mg (16.53%), Potassium: 448.26mg (12.81%), Zinc: 1.62mg (10.81%), Vitamin C: 6.78mg (8.21%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.44mg (4.36%)