



Chipotle Black Bean Dip with Garlic Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon chipotle chile in adobo sauce canned minced
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove chopped
- 6 large garlic cloves unpeeled
- 1 teaspoon ground cumin
- 0.5 teaspoon kosher salt
- 0.5 teaspoon onion powder

- 1 teaspoon oregano dried
- 2 6-inch pitas whole wheat split ()
- 0.3 cup bottled salsa
- 15 ounce edamame soybeans black rinsed drained canned
- 1 teaspoon sugar
- 3 tablespoons tomato paste
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- baking sheet
- oven
- aluminum foil
- ziploc bags

Directions

- Preheat oven to 400
- To prepare chips, wrap 6 garlic cloves in foil.
- Bake at 400 for 45 minutes; cool 10 minutes. Squeeze to extract garlic pulp; discard skins.
- Spread garlic pulp evenly over pita halves; spray pita halves with cooking spray.
- Cut each pita half into 8 wedges; arrange on a baking sheet.
- Sprinkle wedges with 1/2 teaspoon salt and pepper.
- Bake at 400 for 7 minutes or until crisp.
- To prepare dip, combine salsa and remaining ingredients in a food processor; process until smooth, scraping sides of bowl once.
- Serve dip with chips.
- Note: Store dip, covered, for up to 4 days in the refrigerator. Store chips in a zip-top plastic bag for up to 2 days at room temperature.

Nutrition Facts

PROTEIN 28.42% FAT 44.26% CARBS 27.32%

Properties

Glycemic Index:33.11, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:8.7195652464162%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 124.18kcal (6.21%), Fat: 6.61g (10.16%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 5.24g (1.9%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 392.11mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.09%), Manganese: 0.55mg (27.28%), Iron: 3.3mg (18.33%), Vitamin K: 17.69µg (16.85%), Fiber: 3.94g (15.75%), Phosphorus: 145.45mg (14.55%), Magnesium: 52.61mg (13.15%), Copper: 0.26mg (13%), Potassium: 385.4mg (11.01%), Vitamin B2: 0.17mg (10.03%), Vitamin B6: 0.2mg (9.75%), Folate: 31.04µg (7.76%), Calcium: 71.57mg (7.16%), Selenium: 4.83µg (6.9%), Vitamin B1: 0.1mg (6.59%), Vitamin E: 0.79mg (5.24%), Zinc: 0.73mg (4.88%), Vitamin C: 3.43mg (4.16%), Vitamin A: 189.89IU (3.8%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.15mg (1.5%)