

## Chipotle Chickpea Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 tbsp chipotles in adobo canned chopped (adjust according to how spicy you like it)
- 1.5 cups chickpeas no salt added drained (, if possible)
- 0.3 tsp chili powder
- 0.3 tsp cumin
- 1 large clove garlic peeled
- 2 tbsp juice of lime
- 4 servings onion red for garnish
- 1 tbsp onion red chopped

4 servings salt to taste

1 tbsp tomato paste

## Equipment

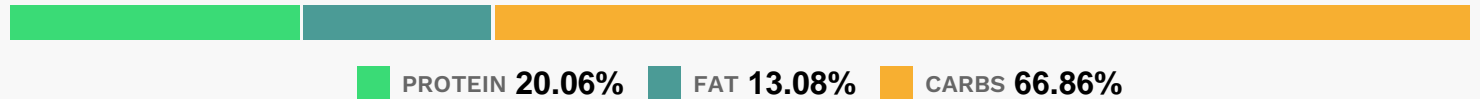
## Directions

Add the chickpeas and lime juice and begin processing. If it's too dry, add 1–2 tablespoons of cooking liquid from chickpeas or, if you're using canned, just use water.

Add the remaining ingredients and process until smooth. Adjust salt to taste.

Serve garnished with chopped red onions.

## Nutrition Facts



## Properties

Glycemic Index:39.94, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:7.7365217208862%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 110.73kcal (5.54%), Fat: 1.68g (2.58%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 14.08g (5.12%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 233.11mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.57%), Manganese: 0.67mg (33.57%), Folate: 107.76µg (26.94%), Fiber: 5.2g (20.81%), Copper: 0.24mg (11.98%), Iron: 2.08mg (11.57%), Phosphorus: 110.98mg (11.1%), Magnesium: 33.05mg (8.26%), Potassium: 241.98mg (6.91%), Zinc: 1mg (6.67%), Vitamin B6: 0.11mg (5.73%), Vitamin C: 4.43mg (5.37%), Vitamin B1: 0.08mg (5.33%), Selenium: 2.66µg (3.8%), Calcium: 36.63mg (3.66%), Vitamin E: 0.47mg (3.16%), Vitamin K: 3.17µg (3.02%), Vitamin B2: 0.05mg (2.93%), Vitamin A: 133.21IU (2.66%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.2mg (2.01%)