



Creamy Chickpea Spread

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



274 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 16 ounce chickpeas rinsed drained canned
- ☐ 0.5 teaspoon cumin seeds toasted
- ☐ 1 large garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 5 servings pita bread triangles fresh assorted

- ☐ 1 tablespoon yogurt plain
- ☐ 5 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon tahini
- ☐ 1 tablespoons water

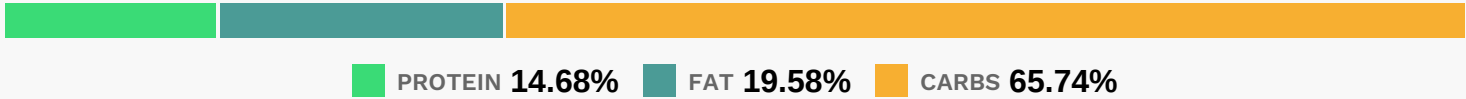
Equipment

- ☐ food processor

Directions

- ☐ Process first 11 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Drizzle with olive oil, if desired.
- ☐ Serve with pita bread, pita chips, or vegetables.*1/4 teaspoon ground cumin may be substituted.

Nutrition Facts



Properties

Glycemic Index:51.07, Glycemic Load:32.51, Inflammation Score:-3, Nutrition Score:10.071739099515%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 273.81kcal (13.69%), Fat: 6.01g (9.24%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 39.76g (14.46%), Sugar: 0.36g (0.41%), Cholesterol: 0.52mg (0.17%), Sodium: 671.59mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.27%), Manganese: 1.12mg (56.14%), Vitamin B6: 0.47mg (23.39%), Fiber: 5.61g (22.45%), Phosphorus: 147.77mg (14.78%), Vitamin B1: 0.2mg (13.53%), Copper: 0.26mg (13.21%), Iron: 2.2mg (12.21%), Magnesium: 44.66mg (11.16%), Folate: 38.85µg (9.71%), Calcium: 91.18mg (9.12%), Zinc: 1.25mg (8.31%), Vitamin B3: 1.46mg (7.29%), Potassium: 231.8mg (6.62%), Vitamin B5: 0.54mg (5.38%),

Vitamin B2: 0.08mg (4.76%), Selenium: 2.87µg (4.1%), Vitamin C: 2.72mg (3.29%), Vitamin E: 0.45mg (3.02%),
Vitamin K: 2.14µg (2.04%)