



Creamy Chickpea Spread

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



271 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
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon tahini
- ☐ 1 tablespoons water

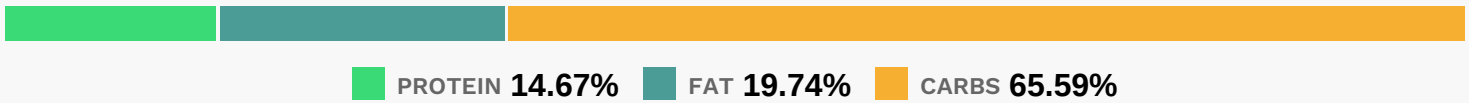
Equipment

- ☐ 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:9.6895652503261%

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: 270.57kcal (13.53%), Fat: 5.98g (9.2%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 39.3g (14.29%), Sugar: 0.35g (0.39%), Cholesterol: 0.52mg (0.17%), Sodium: 671.58mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Manganese: 1.06mg (52.79%), Vitamin B6: 0.46mg (23.19%), Fiber: 5.39g (21.55%), Phosphorus: 141.45mg (14.15%), Vitamin B1: 0.2mg (13.33%), Copper: 0.26mg (12.86%), Iron: 2.13mg (11.85%), Magnesium: 42.18mg (10.54%), Folate: 38.7µg (9.68%), Calcium: 90.62mg (9.06%), Zinc: 1.19mg (7.93%), Vitamin B3: 1.4mg (7.01%), Potassium: 224.5mg (6.41%), Vitamin B5: 0.52mg (5.23%), Vitamin B2: 0.08mg (4.58%), Selenium: 2.36µg (3.37%), Vitamin C: 2.72mg (3.29%), Vitamin E: 0.44mg (2.92%),

Vitamin K: 2.08µg (1.98%)