



Creamy Garbanzo Dip with Sun-Dried Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



12

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sun-dried olives packed coarsely chopped
- ☐ 2 tablespoons water

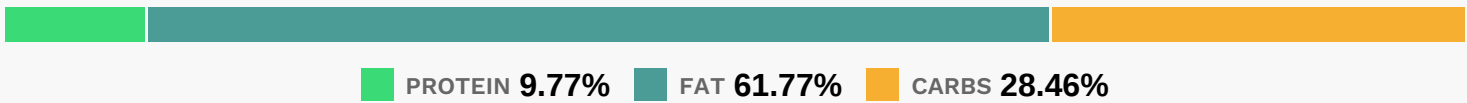
Equipment

- ☐ bowl

Directions

- ☐ Drop garlic through food chute with processor on; process until minced.
- ☐ Add oil and next 7 ingredients (through chickpeas). Process until smooth, scraping sides as necessary.
- ☐ Add tomatoes, and pulse 3 times or until blended and tomatoes are coarsely chopped. Spoon dip into a serving bowl, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:13.11, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:2.9595652429954%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 74.05kcal (3.7%), Fat: 5.26g (8.09%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 196.43mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Manganese: 0.31mg (15.71%), Vitamin B6: 0.18mg (8.93%), Fiber: 1.71g (6.83%), Vitamin E: 0.71mg (4.71%), Iron: 0.63mg (3.51%), Copper: 0.06mg (3.21%), Phosphorus: 31.59mg (3.16%), Vitamin K: 3.32µg (3.16%), Magnesium: 11.39mg (2.85%), Folate: 9.8µg (2.45%), Potassium: 76.45mg (2.18%), Vitamin A: 93.68IU (1.87%), Zinc: 0.27mg (1.82%), Vitamin C: 1.3mg (1.57%), Calcium: 14.98mg (1.5%), Vitamin B5:

0.12mg (1.24%), Selenium: 0.79µg (1.13%), Vitamin B1: 0.02mg (1.06%)