



Creamy Potato-Garlic Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 2-inch cubes
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon bottled roasted garlic minced
- ☐ 0.5 teaspoon salt

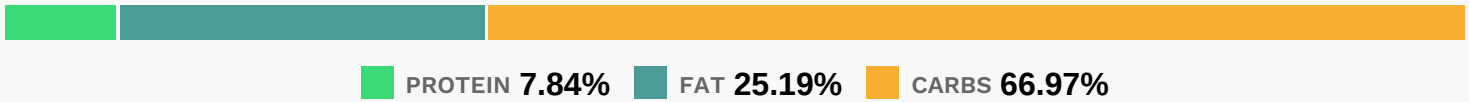
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Cook potatoes in boiling water to cover in a Dutch oven 15 minutes or until tender.
- ☐ Drain.
- ☐ Process potatoes, juice, and next 5 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Transfer mixture to a serving dish, and sprinkle with onions, if desired.
- ☐ To make your own pita chips, cut 2 (6-inch) pita rounds into wedges; spit in half at seams.
- ☐ Place on a baking sheet coated with vegetable cooking spray; coat wedges with cooking spray.
- ☐ Bake at 450 for 4 to 5 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:10.81, Inflammation Score:-1, Nutrition Score:3.6886956682024%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 83.24kcal (4.16%), Fat: 2.42g (3.72%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.4g (4.87%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 197.82mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin B6: 0.27mg (13.56%), Potassium: 327.52mg (9.36%), Vitamin C: 7.58mg (9.19%), Manganese: 0.15mg (7.49%), Magnesium: 18.28mg (4.57%), Vitamin B1: 0.07mg (4.34%), Phosphorus: 43.23mg (4.32%), Fiber: 1.08g (4.3%), Copper: 0.08mg (4.15%), Vitamin B3: 0.8mg (3.98%), Iron: 0.7mg

(3.87%), Folate: 12.15µg (3.04%), Vitamin K: 3.05µg (2.9%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.36mg (2.38%),
Vitamin B2: 0.03mg (1.59%), Zinc: 0.23mg (1.54%), Calcium: 12.29mg (1.23%)