



## Curried Chickpea Dip with Pita Toasts

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



398 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 0.8 teaspoon curry powder
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 2 tablespoons mango chutney

- 15 ounce no-salt-added chickpeas drained canned (garbanzo beans)
- 1 cup onion chopped
- 0.5 cup peas green frozen thawed
- 4 6-inch pitas split ( )
- 0.5 cup raisins
- 16 ounce salsa organic

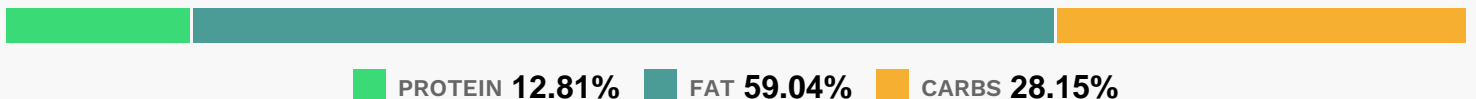
## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 400
- Cut each pita half into 8 wedges to form 64 wedges. Arrange wedges in a single layer on a baking sheet. Lightly coat wedges with cooking spray; sprinkle evenly with garlic powder.
- Bake at 400 for 7 minutes or until lightly browned and crisp.
- Heat oil in a large saucepan over medium-high heat.
- Add onion to pan; saut 4 minutes or until lightly browned. Stir in raisins, cilantro, peas, mango chutney, curry powder, cinnamon, cumin, pepper, chickpeas, and salsa. Reduce heat, and simmer 10 minutes or until slightly thick.
- Serve with pita chips.

## Nutrition Facts



## Properties

Glycemic Index:45.77, Glycemic Load:6.73, Inflammation Score:-7, Nutrition Score:15.151739141215%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## **Nutrients (% of daily need)**

Calories: 398.33kcal (19.92%), Fat: 28.09g (43.22%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 24.72g (8.99%), Sugar: 11.55g (12.83%), Cholesterol: 0mg (0%), Sodium: 389.85mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Manganese: 0.98mg (49.05%), Vitamin B3: 7.95mg (39.74%), Vitamin E: 5.71mg (38.08%), Magnesium: 107.14mg (26.78%), Phosphorus: 222.43mg (22.24%), Fiber: 5.41g (21.65%), Vitamin B6: 0.4mg (19.96%), Potassium: 586.25mg (16.75%), Copper: 0.32mg (16.24%), Folate: 60.17µg (15.04%), Zinc: 1.64mg (10.94%), Vitamin B1: 0.15mg (9.84%), Iron: 1.75mg (9.7%), Vitamin B2: 0.16mg (9.48%), Vitamin C: 7.41mg (8.99%), Vitamin A: 412.72IU (8.25%), Vitamin K: 8.66µg (8.25%), Vitamin B5: 0.73mg (7.27%), Calcium: 56.58mg (5.66%), Selenium: 3.2µg (4.58%)