



Curried Tofu-and-Avocado Dip with Rosemary Pita Chips

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon curry powder
- 0.3 cup yogurt fat-free greek-style
- 0.3 cup yogurt fat-free greek-style
- 1 garlic
- 1 slices grape tomatoes for serving
- 1 haas avocados pitted coarsely chopped
- 1.5 teaspoons honey

- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest finely grated
- 0.3 cup cream sour low-fat
- 2 tablespoons mint leaves chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 6 servings pepper freshly ground
- 1 tablespoon rosemary chopped
- 6 servings salt
- 7 ounces silken tofu soft drained
- 4 day old pita bread split

Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 32
- Stack the pita halves and cut them into 6 wedges; transfer to a bowl and add the olive oil and rosemary. Season with salt and toss.
- Spread the pita wedges on a baking sheet in a single layer and bake until crisp, 30 minutes.
- Let cool.
- Meanwhile, in a food processor, puree the tofu, avocado, sour cream, yogurt, lime zest, lime juice, garlic, honey, curry powder and mint until smooth. Season the dip with salt and pepper and refrigerate until chilled.
- Serve the dip with the pita chips, tomatoes, cucumbers and radishes.

Nutrition Facts



■ PROTEIN 11.71% ■ FAT 42.56% ■ CARBS 45.73%

Properties

Glycemic Index:49.88, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:11.457391194675%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg 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: 246.37kcal (12.32%), Fat: 12.3g (18.92%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 24.71g (8.99%), Sugar: 4.86g (5.4%), Cholesterol: 3.76mg (1.25%), Sodium: 379.88mg (16.52%), Alcohol: 0g (100%), Protein: 7.61g (15.23%), Manganese: 0.76mg (38.12%), Selenium: 17.76µg (25.37%), Fiber: 5.01g (20.05%), Phosphorus: 148.39mg (14.84%), Vitamin B1: 0.2mg (13.48%), Magnesium: 53.59mg (13.4%), Copper: 0.26mg (13.01%), Folate: 47.76µg (11.94%), Vitamin E: 1.71mg (11.4%), Vitamin B6: 0.22mg (11.11%), Potassium: 386.58mg (11.05%), Iron: 1.96mg (10.91%), Vitamin K: 11.01µg (10.48%), Vitamin B5: 0.92mg (9.25%), Vitamin B3: 1.83mg (9.17%), Vitamin B2: 0.16mg (9.12%), Calcium: 86.37mg (8.64%), Zinc: 1.26mg (8.39%), Vitamin C: 6.18mg (7.49%), Vitamin A: 170.93IU (3.42%), Vitamin B12: 0.16µg (2.75%)