



Edamame & chilli dip with crudité's



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

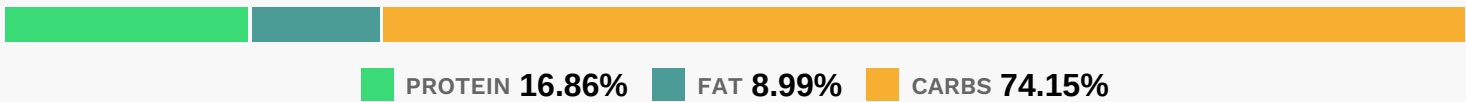
- ☐ 300 g jicama frozen
- ☐ 150 g yogurt low-fat
- ☐ 1 to 5 chilies red chopped
- ☐ 1 juice of lime
- ☐ 1 garlic clove crushed
- ☐ 1 onion red finely chopped
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 sticks radishes halved

Equipment

Directions

- ☐ Cook the soya beans in boiling salted water for 4 mins.
- ☐ Drain and cool under cold running water. Blitz with the yogurt, chopped red chilli, lime juice and crushed garlic clove until smooth. Fold in the finely chopped red onion and a handful chopped coriander.
- ☐ Serve with halved radishes and sticks of carrots, celery and peppers. The dip will keep covered in the fridge for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:3.4569565057755%

Flavonoids

Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 35.44kcal (1.77%), Fat: 0.37g (0.57%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.95g (3.28%), Cholesterol: 1.13mg (0.38%), Sodium: 16.1mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 18.22mg (22.09%), Fiber: 2.19g (8.78%), Calcium: 44.33mg (4.43%), Potassium: 147.1mg (4.2%), Phosphorus: 41.52mg (4.15%), Vitamin B6: 0.08mg (3.84%), Vitamin B2: 0.06mg (3.61%), Manganese: 0.06mg (3.03%), Folate: 11.2µg (2.8%), Magnesium: 10.89mg (2.72%), Vitamin K: 2.57µg (2.45%), Vitamin A: 106.92IU (2.14%), Vitamin B5: 0.2mg (2%), Iron: 0.35mg (1.92%), Vitamin B1: 0.03mg (1.88%), Zinc: 0.28mg (1.83%), Copper: 0.04mg (1.82%), Vitamin B12: 0.1µg (1.75%), Vitamin E: 0.24mg (1.6%), Selenium: 1.04µg (1.49%)