

Edamame Dip

 Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili paste depending on your taste pref red
- ☐ 0.5 cup parsley leaves fresh packed
- ☐ 1 large garlic clove sliced
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 1 tablespoon brown miso

- ☐ 5 tablespoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 1 pound out of shell fresh
- ☐ 0.3 cup water

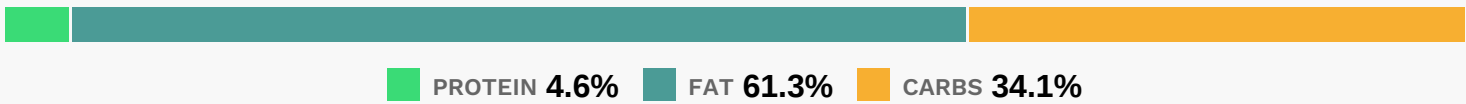
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the edamame, onion, cilantro, garlic, lime juice, miso, salt, chili paste and pepper into the bowl of a food processor and process for 15 seconds. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds. With the processor running, slowly drizzle in the olive oil. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds. Taste and adjust seasoning, as desired.
- ☐ Serve with chips or crackers. Store in an airtight container for up to 5 days.
- ☐ Place the edamame and water into a large microwave–safe bowl. Microwave on high for 4 to 6 minutes.
- ☐ Drain any excess water and serve as is or salted.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:8.454347850107%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 347.07kcal (17.35%), Fat: 23.72g (36.49%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 27.89g (10.14%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 798.76mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin K: 71.67µg (68.25%), Manganese: 0.3mg (14.89%), Folate: 48.35µg (12.09%), Vitamin B1: 0.17mg (11.12%), Vitamin E: 1.56mg (10.43%), Vitamin C: 8.53mg (10.33%), Iron: 1.85mg (10.26%), Vitamin B3: 1.63mg (8.13%), Fiber: 1.79g (7.16%), Vitamin A: 320.49IU (6.41%), Vitamin B2: 0.11mg (6.38%), Selenium: 3.48µg (4.97%), Phosphorus: 49.43mg (4.94%), Copper: 0.06mg (3.23%), Magnesium: 12.72mg (3.18%), Potassium: 100.22mg (2.86%), Vitamin B5: 0.27mg (2.71%), Vitamin B6: 0.05mg (2.56%), Zinc: 0.37mg (2.47%), Calcium: 20.46mg (2.05%)