



Edamame Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili sauce
- ☐ 0.5 cup cilantro leaves
- ☐ 1 cup edamame
- ☐ 1 clove garlic
- ☐ 1 juice of lime (juice)
- ☐ 1 tablespoon miso
- ☐ 0.3 cup onion
- ☐ 1 teaspoon soya sauce

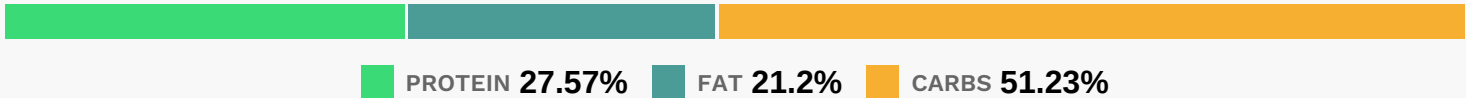
Equipment

☐ food processor

Directions

- ☐ Cover the edamame in water and bring to a boil for 5 minutes.
- ☐ Drain the edamame reserving the water.
- ☐ Mix everything in a food processor adding some of the reserved water to thin the dip to the desired consistency.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:2.5317391440596%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 1.53g (2.35%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 6.25g (2.27%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 260.66mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Fiber: 2.04g (8.17%), Vitamin K: 7.61µg (7.25%), Iron: 1.23mg (6.81%), Potassium: 220.53mg (6.3%), Vitamin C: 3.96mg (4.8%), Manganese: 0.08mg (3.97%), Calcium: 39.52mg (3.95%), Vitamin A: 151.18IU (3.02%), Vitamin B6: 0.04mg (2.03%), Copper: 0.03mg (1.71%), Phosphorus: 15.41mg (1.54%), Folate: 5.1µg (1.28%), Magnesium: 5.1mg (1.27%), Vitamin B2: 0.02mg (1.23%), Zinc: 0.16mg (1.06%), Vitamin B1: 0.02mg (1.03%)