

Edamame Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 serving coarse mustard
- 2 cups edamame frozen shelled
- 3 large garlic clove peeled
- 1 teaspoon lemon zest grated
- 1 tablespoons juice of lemon fresh
- 1 teaspoon olive oil
- 1 serving radishes for serving (or other vegetables)

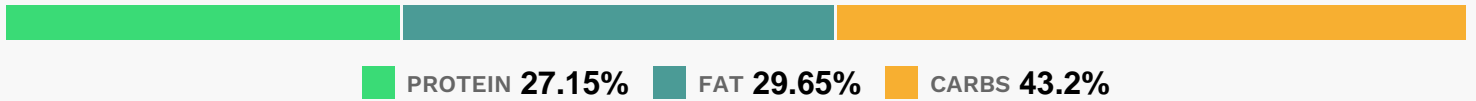
Equipment

- food processor
- bowl
- sauce pan

Directions

- In a medium saucepan of boiling salted water, cook the edamame and garlic until edamame are tender, about 5 minutes.
- Drain.
- In a food processor, puree edamame, garlic, lemon zest and juice, oil, and 1/2 cup water until very smooth, about 2 minutes, scraping down sides of bowl. If needed, thin by adding water one tablespoon at a time. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Refrigerate for at least 30 minutes or up to 1 day. (If needed, add additional water.)
- Serve with radishes and crackers.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:2.7495652225031%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 106.33kcal (5.32%), Fat: 3.55g (5.46%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.25g (3%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 19.88mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.63%), Fiber: 3.39g (13.58%), Iron: 2.12mg (11.77%), Potassium: 383.35mg (10.95%), Calcium: 70.39mg (7.04%), Vitamin C: 4.95mg (6%), Manganese: 0.05mg (2.66%), Vitamin B6: 0.04mg (2.08%), Selenium: 0.84µg (1.2%), Folate: 4.59µg (1.15%), Vitamin E: 0.16mg (1.05%)