



Lemon-Garlic Chickpea Dip with Veggies and Chips



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas drained canned
- ☐ 4 ribs celery from the heart cut into dipping sticks, 4 inches long
- ☐ 4 servings coarse salt and pepper
- ☐ 0.5 cucumber seedless cut into sticks
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 clove garlic
- ☐ 0.5 pint grape tomatoes

- ☐ 3 drops hot sauce to taste
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper red trimmed cut into sticks
- ☐ 1 sack reduced fat gourmet chips) (recommended: Terra brand Garlic and Onion Yukon Gold flavor potato chips (50 percent less fat than regular chips)

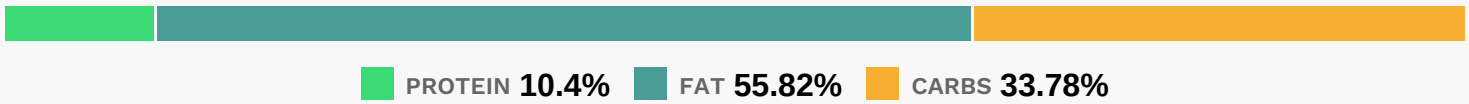
Equipment

- ☐ food processor

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the chickpeas, garlic, lemon zest and juice, thyme, salt and pepper and hot sauce in food processor. Turn processor on and stream in the extra-virgin olive oil.
- ☐ Transfer the dip to a dish and surround with veggies and chips. That'll keep the munching going on until dinner!

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:16.855217208033%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 246.01kcal (12.3%), Fat: 15.97g (24.57%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 14.6g (5.31%), Sugar: 4.06g (4.51%), Cholesterol: 0.04mg (0.01%), Sodium: 548.7mg (23.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Vitamin C: 52.91mg (64.13%), Manganese: 1.07mg (53.59%), Vitamin B6: 0.7mg (34.89%), Vitamin A: 1708.81IU (34.18%), Vitamin K: 32.29µg (30.75%), Fiber: 7.16g

(28.63%), Vitamin E: 2.86mg (19.09%), Folate: 66.88µg (16.72%), Potassium: 527.99mg (15.09%), Phosphorus: 128.09mg (12.81%), Magnesium: 50.12mg (12.53%), Copper: 0.24mg (12.08%), Iron: 2.06mg (11.45%), Calcium: 74.95mg (7.5%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.67mg (6.75%), Vitamin B1: 0.09mg (6.24%), Vitamin B2: 0.09mg (5.59%), Vitamin B3: 0.98mg (4.88%), Selenium: 2.55µg (3.65%)