



Nicole's Garbanzo-Citrus Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



30

CALORIES



58 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 avocado pitted peeled
- 31 ounce garbanzo beans drained canned
- 0.5 cup cilantro leaves fresh
- 2 cloves garlic minced
- 3 jalapeno fresh with seeds and ribs removed
- 1 teaspoon kosher salt
- 1 tablespoon olive oil as needed
- 0.3 cup orange juice

0.3 cup tahini

Equipment

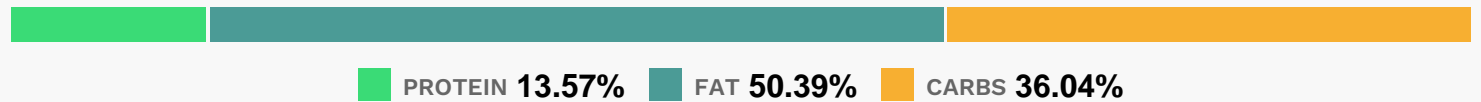
food processor

bowl

Directions

Place the garbanzo beans, garlic, tahini, salt, orange juice, jalapeno chiles, avocado, and cilantro in the bowl of a food processor. Process until smooth. Adjust thickness by stirring in desired amount of reserved liquid from garbanzo beans or olive oil. Refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:3.3752173913043%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 58.42kcal (2.92%), Fat: 3.45g (5.31%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 160.59mg (6.98%), Protein: 2.09g (4.18%), Manganese: 0.26mg (12.78%), Vitamin B6: 0.17mg (8.48%), Fiber: 1.92g (7.68%), Copper: 0.1mg (5.18%), Phosphorus: 49.25mg (4.93%), Vitamin C: 3.98mg (4.83%), Folate: 16.74µg (4.18%), Vitamin B1: 0.06mg (3.99%), Magnesium: 13.02mg (3.26%), Iron: 0.54mg (2.97%), Potassium: 98.11mg (2.8%), Vitamin K: 2.78µg (2.65%), Zinc: 0.38mg (2.5%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.26mg (1.76%), Vitamin B3: 0.34mg (1.69%), Calcium: 15.88mg (1.59%), Vitamin B2: 0.02mg (1.1%), Vitamin A: 54.58IU (1.09%)