



Pea, mint & chilli dip



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g pea-mond dressing frozen
- ☐ 100 g yogurt fat-free
- ☐ 1 juice of lemon
- ☐ 1 tsp ground cumin
- ☐ 1 small handful mint leaves
- ☐ 1 small to 5 chillies red chopped
- ☐ 4 day old pita bread
- ☐ 500 g carrots cut into batons

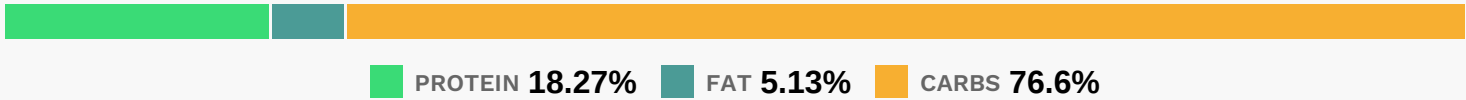
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Whizz the peas, yogurt, lemon juice, cumin, mint and chilli together in a food processor to a texture you like. Divide between plastic tubs to pack into lunchboxes, or tip into a serving bowl. Lightly toast the pittas, then cut into wedges and serve with the dip and carrots.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:10.19, Inflammation Score:-10, Nutrition Score:29.999130456344%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 336.7kcal (16.83%), Fat: 2.02g (3.11%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 67.84g (22.61%), Net Carbohydrates: 54.1g (19.67%), Sugar: 13.55g (15.05%), Cholesterol: 0.5mg (0.17%), Sodium: 347.5mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.35%), Vitamin A: 21055.63IU (421.11%), Manganese: 1.68mg (83.99%), Folate: 259.63µg (64.91%), Fiber: 13.74g (54.96%), Selenium: 28.25µg (40.36%), Phosphorus: 348.46mg (34.85%), Vitamin B1: 0.5mg (33.35%), Vitamin C: 27.43mg (33.24%), Magnesium: 117.06mg (29.26%), Iron: 5.13mg (28.48%), Copper: 0.51mg (25.69%), Potassium: 895.53mg (25.59%), Vitamin B6: 0.5mg (24.9%), Vitamin K: 20.64µg (19.65%), Zinc: 2.75mg (18.35%), Vitamin B3: 3.53mg (17.66%), Vitamin B2: 0.25mg (14.46%), Vitamin B5: 1.41mg (14.14%), Calcium: 132.51mg (13.25%), Vitamin E: 1.55mg (10.35%), Vitamin B12: 0.15µg (2.54%)