



Pepper-Swirled Chickpea Dip

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce chickpeas canned (garbanzo beans)
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 garlic clove peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon paprika
- ☐ 5 6-inch pitas cut into quarters ()
- ☐ 2 teaspoons red wine vinegar

- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

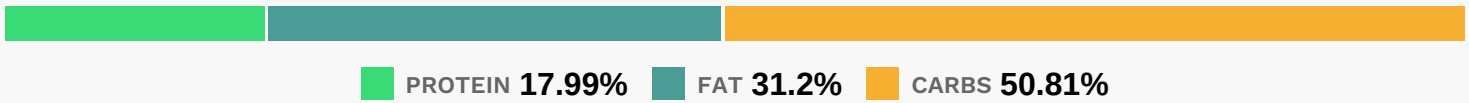
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ colander

Directions

- ☐ Place the garlic in a food processor, and pulse 2 to 3 times.
- ☐ Drain the chickpeas in a colander over a bowl, reserving 1 tablespoon chickpea liquid.
- ☐ Add chickpeas, reserved liquid, yogurt, juice, and oil to garlic, and process until smooth. Spoon chickpea mixture into a bowl. Rinse food processor.
- ☐ Combine bell peppers and next 4 ingredients (bell peppers through salt) in food processor, and process until smooth. Swirl the chickpea puree and bell pepper pure together using a knife (do not thoroughly combine).
- ☐ Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:11.37, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:2.5817391405935%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.43kcal (1.77%), Fat: 1.28g (1.97%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.36g (0.4%), Cholesterol: 0.06mg (0.02%), Sodium: 279mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.24mg (12.21%), Vitamin B6: 0.15mg (7.61%), Vitamin C: 5.18mg (6.28%), Fiber: 1.37g (5.5%), Phosphorus: 29.81mg (2.98%), Copper: 0.06mg (2.96%), Iron: 0.47mg (2.59%), Magnesium: 9.58mg (2.4%), Folate: 9.04µg (2.26%), Vitamin A: 105.05IU (2.1%), Potassium: 72.79mg (2.08%), Calcium: 20.65mg (2.07%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.11mg (1.1%), Selenium: 0.75µg (1.07%), Vitamin E: 0.16mg (1.06%)