



## Spicy Toasted Pumpkin Seed Dip

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup knudsen cream sour
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup cilantro leaves fresh
- 2 cloves garlic
- 1 habanero chile deveined seeded
- 1 jicama peeled cut into 1/2-inch-thick sticks
- 1 cup pumpkin seeds toasted
- 8 oz sugar snap peas ( 3 cups)

1 tomatoes seeded chopped

0.3 cup water

## Equipment

food processor

bowl

## Directions

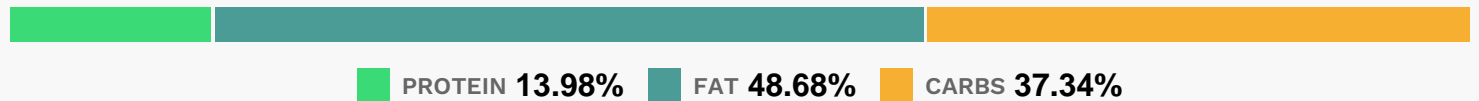
Use pulsing action to process pumpkin seeds in food processor just until seeds resemble coarse crumbs.

Add next 6 ingredients; process until thickened and well blended.

Spoon half the pumpkin mixture into small serving bowl; cover with layers of sour cream and remaining pumpkin seed mixture.

Serve with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:8.08, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:3.2930434747883%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 39.42kcal (1.97%), Fat: 2.24g (3.45%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.2g (1.33%), Cholesterol: 2.71mg (0.9%), Sodium: 16.74mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 12.23mg (14.82%), Manganese: 0.17mg (8.54%), Fiber: 1.81g (7.23%), Magnesium: 22.29mg (5.57%), Phosphorus: 47.71mg (4.77%), Vitamin A: 189.68IU (3.79%), Iron: 0.62mg (3.44%), Vitamin K: 3.57µg (3.4%), Copper: 0.06mg (3.04%), Potassium: 100.69mg (2.88%), Folate: 9.75µg (2.44%), Vitamin B1: 0.03mg (2.12%), Vitamin B6: 0.04mg (2.06%), Zinc: 0.3mg (2.02%), Vitamin E: 0.27mg (1.78%), Vitamin B2: 0.03mg (1.71%), Selenium: 1.1µg (1.58%), Vitamin B5: 0.15mg (1.49%), Calcium: 14.8mg (1.48%), Vitamin B3: 0.28mg (1.42%)