



Yam & Cumin Dip

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon ginger freshly grated
- 0.5 teaspoon ground cumin
- 3 tablespoons olive oil
- 1 tablespoon parmesan grated
- 0.3 teaspoon sea salt plus more for garnish, optional
- 0.5 cup warm water
- 16 oz garnet yams

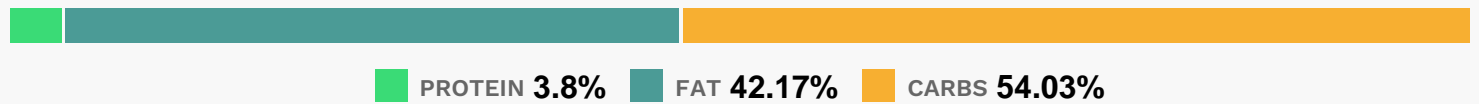
Equipment

- food processor
- oven
- microwave

Directions

- Heat oven to 400 F. Roast yams until soft (1 hour, or microwave until soft, 10 minutes).
- Scrape out flesh; discard the skin. Pure flesh in a food processor with 2 1/2 TBSP olive oil, warm water, grated cheese, ginger, cumin, salt, and pepper.
- Drizzle with remaining olive oil and garnish with sea salt.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:5.6, Inflammation Score:-1, Nutrition Score:3.4121739603579%

Nutrients (% of daily need)

Calories: 93.27kcal (4.66%), Fat: 4.43g (6.82%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 10.89g (3.96%), Sugar: 0.24g (0.26%), Cholesterol: 0.34mg (0.11%), Sodium: 71.11mg (3.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Potassium: 373.93mg (10.68%), Manganese: 0.19mg (9.52%), Vitamin C: 7.77mg (9.42%), Fiber: 1.89g (7.55%), Vitamin B6: 0.13mg (6.71%), Vitamin E: 0.77mg (5.13%), Copper: 0.08mg (4.24%), Vitamin K: 3.67µg (3.49%), Vitamin B1: 0.05mg (3.45%), Phosphorus: 29.06mg (2.91%), Folate: 10.51µg (2.63%), Magnesium: 10.4mg (2.6%), Iron: 0.35mg (1.92%), Calcium: 15.25mg (1.52%), Vitamin B5: 0.15mg (1.46%), Vitamin A: 68.04IU (1.36%), Vitamin B3: 0.26mg (1.29%)