



 **54%**
HEALTH SCORE

Zucchini Cilantro Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce garbanzo beans rinsed drained canned
- 1 cup cilantro leaves packed
- 1 garlic clove
- 3 tablespoons olive oil
- 3 tablespoons roasted garlic
- 1.5 pounds zucchini shredded

Equipment

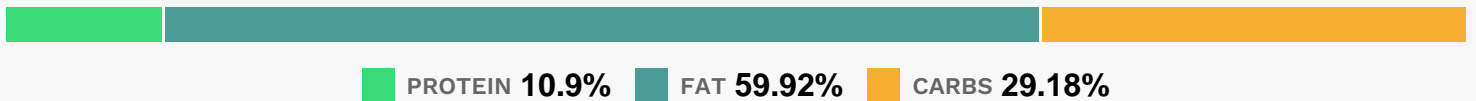
- food processor

- baking sheet
- kitchen towels

Directions

- Line a large baking sheet with clean dish towel; spread zucchini over towel.
- Sprinkle with 3/4 teaspoon salt; let stand 5 minutes.
- Roll zucchini in towel; squeeze out moisture.
- In food processor, combine zucchini, garbanzo beans, cilantro, and garlic; process until smooth.
- Add vinegar, oil, 1/4 teaspoon pepper, and jalapeno, if desired; process 10 seconds. Adjust salt to taste.
- Serve dip with chips, carrot sticks, cucumber slices, toasted baguette slices, or pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:55.78, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:16.519565333491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 234.44kcal (11.72%), Fat: 16.23g (24.97%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 12.02g (4.37%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 231.53mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Manganese: 1.07mg (53.4%), Vitamin C: 42.42mg (51.42%), Vitamin B6: 0.75mg (37.38%), Vitamin K: 34.73µg (33.08%), Fiber: 5.76g (23.06%), Potassium: 733.06mg (20.94%), Folate: 76.67µg (19.17%), Vitamin A: 824.92IU (16.5%), Vitamin E: 2.42mg (16.15%), Magnesium: 63.03mg (15.76%), Phosphorus: 151.39mg (15.14%), Vitamin B2: 0.23mg (13.78%), Copper: 0.25mg (12.59%), Iron: 1.96mg (10.91%), Vitamin B1: 0.13mg (8.79%), Zinc: 1.29mg (8.58%), Vitamin B5: 0.73mg (7.25%), Calcium: 69.23mg (6.92%), Vitamin B3: 1.19mg (5.94%), Selenium: 2.24µg (3.19%)