

# Ghoulish Pumpkin Dip

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2 cloves garlic  
1 can (15 ounce) chickpeas, drained  
and rinsed  
1 can (15 ounce) pure pumpkin  
2 tablespoons almond or peanut  
butter  
1 teaspoon ground cumin  
juice of one lemon  
1 teaspoon olive oil  
1/2 teaspoon salt  
dash cayenne pepper  
chopped black olives

In a food processor, puree' the garlic, chickpeas,  
pumpkin, almond butter, cumin, lemon juice,  
olive oil, salt and cayenne.

Add ice water until the desired consistency is  
achieved.

Pour into a shallow bowl.

Decorate with the chopped olives.

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Per Serving (excluding unknown  
items): 784 Calories; 17g Fat  
(19.0% calories from fat); 39g  
Protein; 124g Carbohydrate; 35g  
Dietary Fiber; 0mg Cholesterol;  
1118mg Sodium. Exchanges: 8  
Grain(Starch); 2 Lean Meat; 1/2  
Vegetable; 2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	784
% Calories from Fat:	19.0%
% Calories from Carbohydrates:	61.5%
% Calories from Protein:	19.5%
Total Fat (g):	17g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	124g
Dietary Fiber (g):	35g
Protein (g):	39g
Sodium (mg):	1118mg

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	1114mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

## Food Exchanges

Grain (Starch):	8
Lean Meat:	2
Vegetable:	1/2

**Potassium (mg):** 1810mg  
**Calcium (mg):** 246mg  
**Iron (mg):** 14mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 159IU  
**Vitamin A (r.e.):** 16 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 784 Calories from Fat: 149

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### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	2g	9%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1118mg	47%
<b>Total Carbohydrates</b>	124g	41%
Dietary Fiber	35g	140%
<b>Protein</b>	39g	
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<b>Vitamin A</b>		3%
<b>Vitamin C</b>		17%
<b>Calcium</b>		25%
<b>Iron</b>		77%

*\* Percent Daily Values are based on a 2000 calorie diet.*