



Basil Parmesan Dip with Pita Chips

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 ounce basil leaves packed
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.8 cup low fat sour cream sour reduced-fat
- ☐ 0.8 cup parmigiano reggiano cheese finely grated
- ☐ 4 6-inch pitas ()
- ☐ 0.3 teaspoon salt

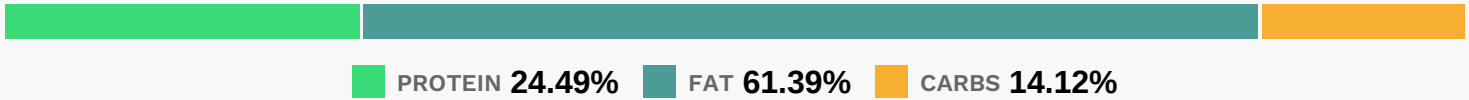
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 37
- ☐ Split pitas; cut each half into 8 wedges.
- ☐ Place wedges on a baking sheet. Coat with cooking spray; sprinkle with 1/4 teaspoon pepper and salt.
- ☐ Bake at 375 for 12 minutes or until crisp.
- ☐ Combine remaining 1/4 teaspoon pepper, basil, and next 4 ingredients (through garlic) in a blender or food processor; process until smooth.
- ☐ Scrape into a serving bowl using a rubber spatula.
- ☐ Garnish with basil sprigs, if desired.
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.4, Inflammation Score:0, Nutrition Score:2.7752174281556%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69kcal (3.45%), Fat: 4.73g (7.28%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.16g (0.18%), Cholesterol: 13.92mg (4.64%), Sodium: 243.61mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Calcium: 146.32mg (14.63%), Phosphorus: 82.72mg (8.27%), Vitamin K: 7.83µg (7.46%), Vitamin A: 238.2IU (4.76%), Selenium: 2.84µg (4.06%), Vitamin B2: 0.06mg (3.51%), Vitamin B12: 0.2µg (3.38%), Zinc: 0.39mg (2.61%), Manganese: 0.05mg (2.36%), Magnesium: 7.93mg (1.98%), Potassium: 64.63mg (1.85%), Vitamin C: 1.11mg (1.35%), Folate: 4.64µg (1.16%), Vitamin B6: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.03%)