



Brown Lentil Hummus with Toasted Pita Crisps



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup brown lentils dried
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper sauce hot such as Tabasco
- ☐ 0.8 teaspoon salt divided

- ☐ 1.5 tablespoons tahini sesame seed paste
- ☐ 5 cups water
- ☐ 3 6-inch pitas whole wheat cut into 8 wedges

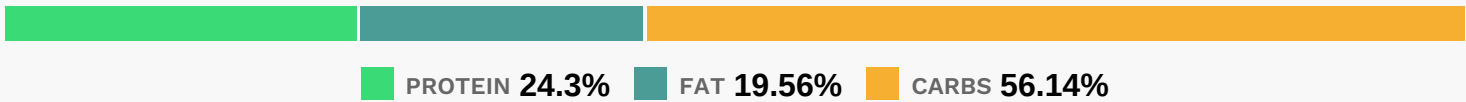
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Bring 5 cups water and 2/3 cup lentils to a boil in a medium saucepan. Cover, reduce heat, and simmer for 20 minutes or until tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Arrange pita wedges in a single layer on a baking sheet; coat pita wedges with cooking spray.
- ☐ Sprinkle evenly with coriander and 1/4 teaspoon salt.
- ☐ Bake pita wedges at 425 for 10 minutes or until golden brown.
- ☐ Combine cooked lentils, remaining 1/2 teaspoon salt, juice, tahini, hot pepper sauce, and garlic in a food processor; process until smooth. Spoon mixture into a bowl; cover and chill.
- ☐ Sprinkle lentil mixture with cilantro.
- ☐ Serve with pita crisps.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:3.8017390720222%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 50.71kcal (2.54%), Fat: 1.13g (1.73%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 154.96mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Fiber: 3.39g (13.57%), Folate: 53.43µg (13.36%), Vitamin B1: 0.13mg (8.36%), Manganese: 0.16mg (7.81%), Phosphorus: 64.48mg (6.45%), Copper: 0.1mg (5.22%), Iron: 0.91mg (5.08%), Zinc: 0.62mg (4.13%), Magnesium: 16.34mg (4.09%), Vitamin B6: 0.07mg (3.42%), Potassium: 115.69mg (3.31%), Selenium: 1.72µg (2.46%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.4mg (1.99%), Vitamin C: 1.51mg (1.83%), Vitamin B2: 0.03mg (1.53%), Calcium: 13.04mg (1.3%)