



Caramelized-Onion Dip with Cilantro-Garlic Pita Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup crème fraîche sour
- ☐ 8 servings chives fresh chopped
- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 1.5 teaspoons garam masala
- ☐ 2 garlic clove crushed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 wholewheat pita breads

- ☐ 3 cups onion sweet chopped (such as Vidalia or Maui; 2 medium)
- ☐ 2 tablespoons vegetable oil

Equipment

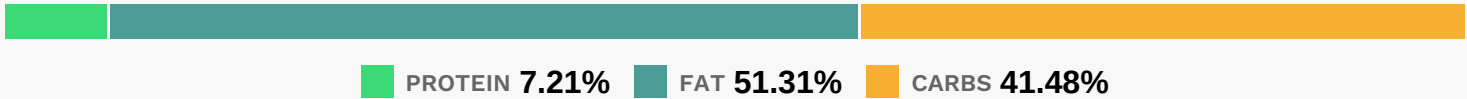
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onions and sauté until slightly softened, about 5 minutes. Reduce heat to medium-low and cook until onions are deep brown and begin to crisp slightly, stirring often, about 40 minutes.
- ☐ Add garam masala; stir 1 minute.
- ☐ Transfer to small bowl and cool completely.
- ☐ Mix in crème fraîche. Season to taste with salt and pepper. Cover and refrigerate at least 2 hours. Do ahead Can be made 2 days ahead. Keep refrigerated.
- ☐ Finely chop enough cilantro leaves to measure 2 tablespoons. Chop enough cilantro stems to measure 3 tablespoons.
- ☐ Combine oil and garlic in heavy small saucepan; cook over medium heat until oil begins to bubble around garlic, about 5 minutes.
- ☐ Add chopped cilantro stems.
- ☐ Remove from heat and let steep 10 minutes. Strain oil into small bowl; discard solids in strainer.
- ☐ Preheat oven to 350°F.
- ☐ Cut each pita bread round horizontally in half.
- ☐ Cut each round into 6 wedges.

- ☐
- Place pita wedges on 2 rimmed baking sheets; drizzle with cilantro–garlic oil and toss gently to coat. Arrange pita wedges in single layer; bake 5 minutes.
- ☐
- Sprinkle with chopped cilantro leaves and bake until pita wedges are crisp and golden, about 5 minutes longer. Cool. Do ahead Can be made 1 day ahead. Store airtight at room temperature.
- ☐
- Sprinkle dip with chives; place on platter. Surround with pita crisps.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:21.88, Inflammation Score:-4, Nutrition Score:5.7717391200688%

Flavonoids

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 284.38kcal (14.22%), Fat: 16.34g (25.14%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 28.14g (10.23%), Sugar: 4.02g (4.47%), Cholesterol: 16.96mg (5.65%), Sodium: 239.61mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin K: 14.62µg (13.92%), Manganese: 0.27mg (13.46%), Vitamin B1: 0.15mg (9.67%), Vitamin E: 1.39mg (9.24%), Phosphorus: 80.76mg (8.08%), Calcium: 79.84mg (7.98%), Folate: 26.99µg (6.75%), Fiber: 1.59g (6.36%), Vitamin B2: 0.1mg (6.11%), Vitamin B6: 0.12mg (5.77%), Copper: 0.11mg (5.71%), Vitamin A: 257.05IU (5.14%), Vitamin B3: 1.02mg (5.12%), Magnesium: 19.93mg (4.98%), Vitamin C: 4.09mg (4.96%), Potassium: 166.38mg (4.75%), Iron: 0.84mg (4.67%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.48µg (2.12%), Vitamin B12: 0.06µg (1.01%)