



Curry-Carrot Dip with Toasted Pita Chips



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 pounds carrots
- ☐ 1 tablespoon curry powder
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon garlic salt
- ☐ 3 dash ground cardamom

- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped 1 large onion
- ☐ 4 6-inch pitas whole wheat cut into 6 wedges

Equipment

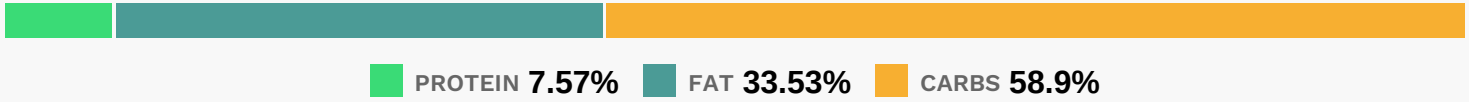
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Place carrot in a saucepan. Cover with water to 1 inch above carrot.
- ☐ Add broth and cardamom; bring to a boil. Reduce heat, and simmer 40 minutes or until carrot is tender.
- ☐ Drain carrot in a colander over a bowl, reserving 1 1/2 cups cooking liquid. Discard the cardamom seeds.
- ☐ Combine reserved liquid and carrot; refrigerate overnight.
- ☐ Preheat oven to 35
- ☐ Coat pita wedges with cooking spray; place in a single layer on a baking sheet.
- ☐ Bake at 350 for 15 minutes or until crisp.
- ☐ Remove carrot with a slotted spoon.
- ☐ Place carrot and 3/4 cup reserved cooking liquid in a blender, and process until smooth. Discard remaining liquid.
- ☐ Heat oil in a nonstick skillet over medium-high heat.

- ☐
- Add onion and garlic; saut 3 minutes. Stir in curry powder and cumin; saut 1 minute.
- ☐
- Add carrot mixture; cook 2 minutes or until heated through. Stir in cilantro, garlic salt, and pepper.
- ☐
- Serve immediately with pita chips.

Nutrition Facts



Properties

Glycemic Index:15.24, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:9.4713043596434%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 69.16kcal (3.46%), Fat: 2.75g (4.23%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 7.92g (2.88%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 384.62mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin A: 12659.75IU (253.2%), Manganese: 0.33mg (16.59%), Vitamin K: 13.08µg (12.46%), Fiber: 2.94g (11.76%), Potassium: 311.71mg (8.91%), Vitamin C: 6.85mg (8.31%), Vitamin B6: 0.16mg (7.81%), Vitamin E: 0.97mg (6.45%), Folate: 20.89µg (5.22%), Vitamin B3: 1.01mg (5.03%), Vitamin B1: 0.07mg (4.68%), Phosphorus: 42.86mg (4.29%), Calcium: 39.67mg (3.97%), Magnesium: 15.58mg (3.89%), Iron: 0.7mg (3.88%), Vitamin B2: 0.06mg (3.66%), Copper: 0.06mg (3.09%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.31mg (2.08%), Selenium: 1.25µg (1.79%), Vitamin B12: 0.07µg (1.1%)