



Curry Hummus Flat Bread with Tomato Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



101 kcal

Ingredients

- 1 pinch allspice
- 0.3 cup apple cider vinegar
- 2 tablespoons canola oil
- 1 pinch cinnamon
- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic minced
- 2 pints grape tomatoes
- 3 tablespoons brown sugar light

- 6 servings salt and pepper freshly ground
- 0.5 onion yellow thinly sliced

Equipment

- food processor
- frying pan
- grill

Directions

- Heat the oil in a large saute pan over medium heat.
- Add the onions and cook until very soft and slightly caramelized.
- Add the garlic and cook 30 seconds.
- Add the tomatoes, 1/4 cup water, the vinegar, sugar, allspice, cinnamon and salt and pepper to taste and cook until the tomatoes soften and the mixture thickens, about 15 minutes.
- Remove from the heat and stir in the cilantro.
- Let cool to room temperature.
- Heat the oil in a medium saute pan over medium heat.
- Add the onions and cook until soft. Stir in the curry powder and cook for 1 minute.
- Add 1 cup water and cook, stirring constantly, until the water has almost completely evaporated. Stir in the cayenne and cool briefly.
- Put the chickpeas, curried onions, tahini, olive oil, honey and some salt and pepper in a food processor and process until smooth.
- Add the parsley and pulse to incorporate. Season with the lemon juice and more salt and pepper if needed.
- Heat a charcoal or gas grill to high for direct grilling.
- Brush the naan with some of the canola oil and season with salt and pepper. Grill until golden brown on both sides and slightly charred.
- Spread each piece of naan with some of the hummus and top with some of the chutney.

Nutrition Facts



■ PROTEIN 6.06% ■ FAT 42.68% ■ CARBS 51.26%

Properties

Glycemic Index:31.17, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:7.118260829345%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 100.64kcal (5.03%), Fat: 5g (7.7%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 11.41g (4.15%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 204.57mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin C: 22.81mg (27.64%), Vitamin A: 1323.45IU (26.47%), Vitamin K: 16.27µg (15.5%), Manganese: 0.25mg (12.66%), Potassium: 409.68mg (11.71%), Vitamin E: 1.68mg (11.17%), Fiber: 2.1g (8.43%), Vitamin B6: 0.16mg (7.93%), Folate: 25.6µg (6.4%), Copper: 0.11mg (5.27%), Magnesium: 19.78mg (4.95%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 43.97mg (4.4%), Vitamin B1: 0.07mg (4.38%), Iron: 0.54mg (3.01%), Calcium: 27.04mg (2.7%), Zinc: 0.31mg (2.06%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.17mg (1.69%)