



Dill Hummus and Toasted Pita Wedges

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



379 kcal

Ingredients

- 32 ounce garbanzo beans drained canned
- 2 tablespoons freshly dill leaves chopped for garnish
- 1 teaspoon ground cumin
- 0.3 cup juice of lemon
- 0.3 cup olive oil for pita
- 2 teaspoons paprika hot for garnish
- 6 pita pockets
- 0.3 cup yogurt plain
- 6 servings salt and pepper black freshly ground

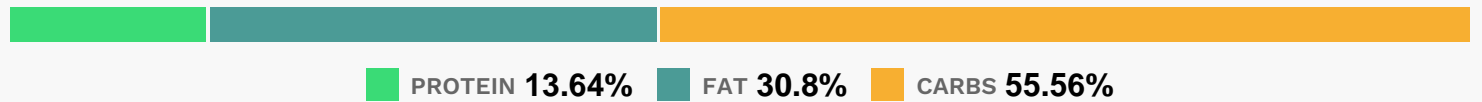
Equipment

- food processor
- baking sheet
- oven

Directions

- Special Equipment: Food processor
- Preheat oven to 375 degrees F. In a food processor add 1 can of beans, yogurt, olive oil, lemon juice, dill, cumin, and paprika. Pulse until smooth.
- Add the second can of beans and pulse until beans are incorporated but still chunky. Season with salt and pepper.
- Cut each pita into 6 wedges and place on a baking sheet.
- Brush lightly with olive oil, sprinkle with salt and bake for 5 minutes or until crisp.
- Serve with hummus garnished with dill and paprika.

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:34.73, Inflammation Score:-5, Nutrition Score:14.390434604948%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 378.52kcal (18.93%), Fat: 13.14g (20.22%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 53.35g (17.78%), Net Carbohydrates: 45.14g (16.41%), Sugar: 0.81g (0.9%), Cholesterol: 1.33mg (0.44%), Sodium: 726.58mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.19%), Manganese: 1.54mg (77.2%), Vitamin B6:

0.76mg (37.92%), Fiber: 8.21g (32.84%), Phosphorus: 189.79mg (18.98%), Iron: 3.09mg (17.16%), Copper: 0.34mg (16.86%), Magnesium: 59.87mg (14.97%), Vitamin B1: 0.21mg (13.85%), Folate: 54.56µg (13.64%), Calcium: 119.48mg (11.95%), Zinc: 1.63mg (10.84%), Vitamin E: 1.52mg (10.16%), Potassium: 334.78mg (9.57%), Vitamin A: 376.83IU (7.54%), Vitamin B3: 1.5mg (7.49%), Vitamin B5: 0.75mg (7.46%), Vitamin B2: 0.1mg (6.05%), Vitamin K: 6.16µg (5.86%), Vitamin C: 4.28mg (5.19%), Selenium: 3.32µg (4.75%)