



Edamame Hummus with Homemade Chips

READY IN



20 min.

SERVINGS



12

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cumin
- ☐ 1 pound edamame frozen shelled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic crushed
- ☐ 0.3 cup salad dressing italian
- ☐ 4 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 6 4-inch wholewheat pita breads whole-wheat

- ☐ 12 servings salt and pepper
- ☐ 0.3 cup tahini

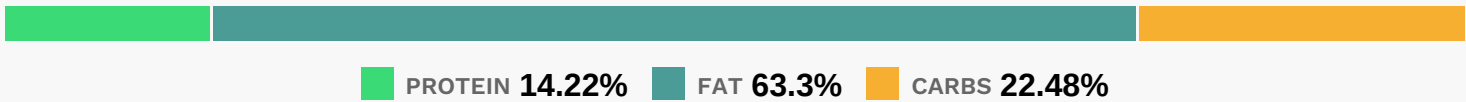
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Cook edamame until tender, about 5 minutes.
- ☐ Drain, reserving 1/2 cup liquid, and rinse under cold water.
- ☐ In a food processor, puree edamame with tahini, lemon juice, garlic, cumin, reserved cooking liquid, 1 tsp. salt, 1/2 tsp. pepper and olive oil. Pulse in parsley. Taste and season with additional salt and pepper, if desired. Cover and chill for at least 1 hour.
- ☐ Preheat oven to 400F. Split each pita in half.
- ☐ Brush with dressing; sprinkle with Parmesan and salt.
- ☐ Cut each pita half into 8 wedges.
- ☐ Place on an ungreased baking sheet and bake until crisp and golden, about 10 minutes. Watch carefully toward end of baking time so pita chips don't burn.
- ☐ Let cool on baking sheet on a wire rack.
- ☐ Serve hummus with pita chips and crudits, if desired.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:3.2613043894424%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 134.71kcal (6.74%), Fat: 9.72g (14.96%), Saturated Fat: 1.28g (8%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.7g (1.88%), Cholesterol: 0.57mg (0.19%), Sodium: 260.92mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Vitamin K: 10.95µg (10.43%), Iron: 1.44mg (8.02%), Fiber: 1.84g (7.34%), Potassium: 212.11mg (6.06%), Vitamin B1: 0.09mg (5.74%), Calcium: 52.98mg (5.3%), Vitamin E: 0.77mg (5.15%), Phosphorus: 49.08mg (4.91%), Copper: 0.09mg (4.38%), Vitamin C: 2.85mg (3.46%), Selenium: 2.13µg (3.04%), Zinc: 0.28mg (1.9%), Magnesium: 6.76mg (1.69%), Folate: 6.62µg (1.66%), Vitamin B3: 0.32mg (1.62%), Vitamin B6: 0.02mg (1.21%), Manganese: 0.02mg (1.19%)