



Edamame Hummus with Pita Crisps



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups blanched edamame green frozen shelled (soybeans)
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon paprika

- ☐ 6 6-inch pitas split ()
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons tahini (sesame-seed paste)
- ☐ 3 tablespoons water

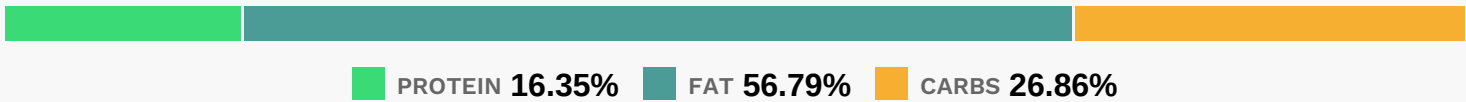
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Arrange pita halves in a single layer on oven rack.
- ☐ Bake at 350 for 15 minutes or until crisp, and cool completely on a wire rack. Break each pita half into about 6 chips.
- ☐ Prepare edamame according to package directions, omitting salt.
- ☐ Place 1 tablespoon oil, salt, cumin, coriander, and garlic in a food processor, and pulse 2 to 3 times or until coarsely chopped.
- ☐ Add the edamame, parsley, tahini, water, and juice; process 1 minute or until smooth. Spoon the hummus into a serving bowl.
- ☐ Drizzle with 1 teaspoon oil, and sprinkle with paprika.
- ☐ Serve with pita crisps.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:3.9556521527145%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 61kcal (3.05%), Fat: 4.01g (6.17%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.18g (1.15%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 102.84mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 41.88µg (39.89%), Vitamin C: 5.11mg (6.19%), Iron: 0.93mg (5.15%), Vitamin A: 255.49IU (5.11%), Vitamin B1: 0.07mg (4.39%), Fiber: 1.1g (4.38%), Potassium: 124.98mg (3.57%), Copper: 0.07mg (3.47%), Phosphorus: 33.47mg (3.35%), Calcium: 27mg (2.7%), Folate: 8.41µg (2.1%), Selenium: 1.39µg (1.98%), Vitamin E: 0.24mg (1.63%), Magnesium: 5.92mg (1.48%), Zinc: 0.22mg (1.48%), Vitamin B3: 0.28mg (1.37%), Manganese: 0.02mg (1.02%)