



 **22%**
HEALTH SCORE

Classic Hummus with Spiced 'n Baked Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



534 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground
- 2 cups garbanzo beans drained and rinsed canned
- 1 clove roasted garlic raw
- 1 tablespoon ground cumin plus more for garnish
- 1 juice of lemon
- 0.3 cup olive oil extra virgin extra-virgin
- 1 tablespoon olive oil extra virgin extra-virgin

- 8 servings olive oil extra virgin extra-virgin for drizzling
- 8 servings paprika for garnish
- 8 wholewheat pita breads whole-wheat mini
- 0.5 teaspoon sea salt
- 8 servings sea salt
- 0.5 cup tahini (sesame paste)
- 8 servings water for thinning the hummus
- 1 teaspoon frangelico
- 1 teaspoon frangelico

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk

Directions

- Watch how to make this recipe.
- In the bowl of a food processor, add the chickpeas, tahini, oil, lemon juice, garlic, cumin, salt, and pepper. Process until smooth and creamy, adding some water to make it the consistency of dip. Taste and adjust the seasoning with more lemon, cumin, salt, and pepper. Scoop the hummus into a bowl. (May be covered and refrigerated at this point for up to 3 days.)
- When ready to serve, garnish with cumin, paprika, and a drizzle of olive oil.
- Serve with Spiced 'n
- Baked Pita Chips or crudite.
- Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- Cut the pitas into quarters and spread them onto the baking sheet.

- In a small bowl, whisk together the olive oil, zatar, and sea salt, to taste.
- Drizzle this mixture over the pita pieces and toss them together with your hands to coat them evenly.
- Bake them until golden brown and crisp, about 8 to 10 minutes.
- Remove them from the oven and let cool.

Nutrition Facts

PROTEIN 9.05%

FAT 57.53%

CARBS 33.42%

Properties

Glycemic Index:30.35, Glycemic Load:31.23, Inflammation Score:-7, Nutrition Score:15.561739130435%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 534.35kcal (26.72%), Fat: 35.05g (53.92%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 39.57g (14.39%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 867.83mg (37.73%), Protein: 12.4g (24.8%), Manganese: 0.9mg (44.92%), Vitamin B1: 0.46mg (30.97%), Copper: 0.57mg (28.5%), Phosphorus: 265.95mg (26.6%), Vitamin E: 3.85mg (25.69%), Fiber: 6.24g (24.97%), Iron: 3.7mg (20.57%), Vitamin A: 1020.01IU (20.4%), Vitamin B6: 0.34mg (17.21%), Magnesium: 66.56mg (16.64%), Folate: 63.46µg (15.87%), Vitamin K: 15.36µg (14.63%), Zinc: 2.09mg (13.93%), Vitamin B3: 2.5mg (12.52%), Calcium: 107.64mg (10.76%), Selenium: 6.94µg (9.91%), Potassium: 324.93mg (9.28%), Vitamin B2: 0.12mg (7.33%), Vitamin B5: 0.44mg (4.41%), Vitamin C: 2.32mg (2.81%)