



## Dukkah

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

## Ingredients

- 2 tablespoons pepper black freshly ground
- 2 tablespoons coriander seeds
- 2 tablespoons cumin seeds
- 0.7 cup hazelnuts
- 1 teaspoon sea salt flaked
- 0.5 cup sesame seed

## Equipment

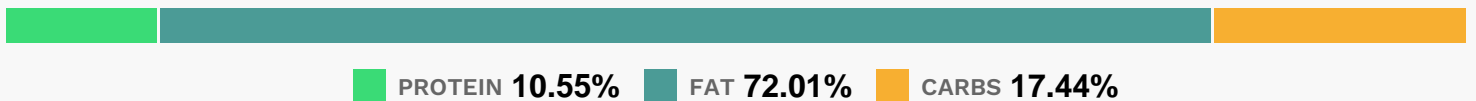
- food processor

- bowl
- frying pan
- baking sheet
- oven
- kitchen towels

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the hazelnuts on a baking sheet, and bake for about 5 minutes, or until fragrant. While the nuts are still hot, pour them onto a tea towel. Fold the towel over them to cover, and rub vigorously to remove the skins. Set aside to cool.
- In a dry skillet over medium heat, toast the sesame seeds until light golden brown.
- Pour into a medium bowl as soon as they are done so they will not continue toasting. In the same skillet, toast the coriander and cumin seeds while shaking the pan or stirring occasionally until they begin to pop.
- Transfer to a food processor. Process until finely ground, then pour into the bowl with the sesame seeds.
- Place the cooled hazelnuts into the food processor, and process until finely ground. Stir into the bowl with the spices. Season with salt and pepper, and mix well.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:12.691739167856%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 172.85kcal (8.64%), Fat: 15.12g (23.26%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 4.06g (1.47%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 393.3mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Manganese: 1.49mg (74.26%), Copper: 0.8mg (40%), Iron: 4.24mg (23.57%), Magnesium: 81.86mg (20.46%), Calcium: 176.61mg (17.66%), Fiber: 4.18g (16.73%), Vitamin E: 2.12mg (14.12%), Phosphorus: 137.25mg (13.72%), Vitamin B1: 0.2mg (13.55%), Zinc: 1.49mg (9.96%), Vitamin B6: 0.19mg (9.42%), Selenium: 5.26µg (7.51%), Folate: 27.73µg (6.93%), Potassium: 232.7mg (6.65%), Vitamin K: 5.28µg (5.02%), Vitamin B3: 0.95mg (4.77%), Vitamin B2: 0.06mg (3.58%), Vitamin C: 1.34mg (1.63%), Vitamin B5: 0.16mg (1.57%)