

health-score 67%

HEALTH SCORE

Grilled Lavash Pizza with Spicy Hummus, Grilled Eggplant, Feta, Red Chile Oil, and Mint

☒ Vegetarian ☒ Very Healthy

READY IN

ready

31 min.

SERVINGS

servings

4

CALORIES

calories

1036 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles stemmed chopped
- ☐ 1 teaspoon chile de arbol powder
- ☐ 1 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 new mexican chili red stemmed chopped
- ☐ 1.5 cups chickpeas dried soft cooked
- ☐ 2 small japanese eggplants halved

- ☐ 12 ounces feta cheese crumbled
- ☐ 4 servings mint leaves fresh chopped for garnish
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lemon juiced
- ☐ 1 grain lower carb lavash flatbreads soft
- ☐ 0.5 cup olive oil
- ☐ 4 servings olive oil
- ☐ 3 tablespoons parsley leaves chopped
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup tahini

Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill

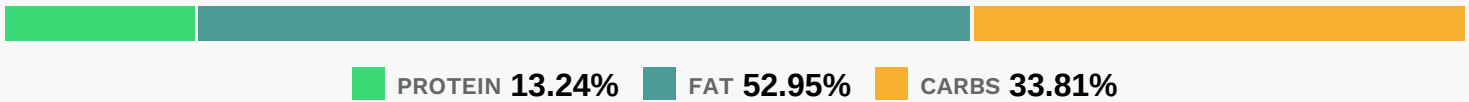
Directions

- ☐ Preheat the grill to high.
- ☐ Brush the lavash with oil on both sides. Grill until golden brown on both sides.
- ☐ Brush the eggplant with oil and season with salt and pepper. Grill the eggplant, cut-side down, until golden brown. Turn the eggplant over and grill until just cooked through.
- ☐ Remove from grill and cut into 1/4-inch thick slices.
- ☐ Spread the hummus over the bread, top with the eggplant, and then the feta. Grill, with the cover down for 2 to 3 minutes, or until cheese is melted.
- ☐ Remove from the grill, drizzle with the red chile oil and sprinkle with mint.

- ☐
- Put the chickpeas, garlic, and tahini in the work bowl a food processor. Pulse until it becomes paste-like, adding a few tablespoons of water, if needed.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:55.670869640682%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1036.32kcal (51.82%), Fat: 63.25g (97.3%), Saturated Fat: 16.65g (104.06%), Carbohydrates: 90.85g (30.28%), Net Carbohydrates: 63.95g (23.25%), Sugar: 24.76g (27.51%), Cholesterol: 75.69mg (25.23%), Sodium: 1480.83mg (64.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.15%), Folate: 528.86µg (132.21%), Manganese: 2.45mg (122.48%), Vitamin A: 5892.06IU (117.84%), Fiber: 26.9g (107.61%), Vitamin K: 107.31µg (102.2%), Phosphorus: 776.03mg (77.6%), Vitamin B2: 1.22mg (72.05%), Vitamin B6: 1.21mg (60.71%), Copper: 1.16mg (58.19%), Vitamin B1: 0.85mg (56.61%), Calcium: 562.7mg (56.27%), Iron: 9mg (49.99%), Potassium: 1729.54mg (49.42%), Vitamin E: 6.95mg (46.34%), Vitamin C: 37.06mg (44.92%), Magnesium: 171.98mg (42.99%), Zinc: 6.38mg (42.54%), Selenium: 25.72µg (36.74%), Vitamin B3: 6.19mg (30.94%), Vitamin B5: 2.89mg (28.89%), Vitamin B12: 1.44µg (23.96%), Vitamin D: 0.34µg (2.27%)