



Grilled Vegetable Dip with Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



22 min.

SERVINGS



22

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon cumin



1 lb eggplant



1 small clove garlic finely chopped



7 tablespoons olive oil



0.5 teaspoon oregano or dried fresh



22 servings oregano fresh for garnish, optional



1 large bell pepper red seeded



1 large onion red

- ☐ 2 teaspoons red wine vinegar
- ☐ 3 regular whole-wheat
- ☐ 22 servings salt and pepper
- ☐ 2 teaspoons paprika smoked

Equipment

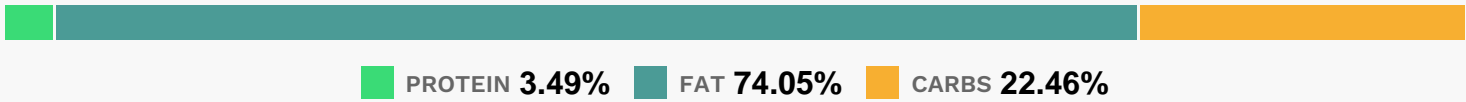
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a grill or grill pan to medium-high.
- ☐ Cut eggplant lengthwise into 1/2-inch-thick slices, discarding end slices that are mostly peel. Slice onion into 1/2-inch-thick rounds.
- ☐ Cut bell pepper lengthwise into 2-inch-wide slices.
- ☐ Brush vegetables on both sides with 3 Tbsp. olive oil and grill, working in batches if necessary, until charred on both sides and cooked through, 3 to 5 minutes per side.
- ☐ When cool enough to handle, coarsely chop vegetables and transfer to a food processor along with 1 Tbsp. olive oil, vinegar, garlic, oregano, salt and pepper. Pulse until mixture is finely chopped with some texture remaining. Taste and season with additional salt and pepper, if necessary.
- ☐ Transfer to a serving bowl.
- ☐ Preheat oven to 350F. In a small bowl, stir together paprika, cumin and 1/2 tsp. salt.
- ☐ Cut each pita into 8 triangles. Separate each triangle into 2 pieces. Arrange triangles in a single layer on 2 large baking sheets. Lightly drizzle with remaining 3 Tbsp. olive oil and sprinkle with spice mix.
- ☐ Bake until crisp and golden brown, about 12 minutes.

Serve dip at room temperature with pita chips.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:3.2391304462824%

Flavonoids

Delphinidin: 17.67mg, Delphinidin: 17.67mg, Delphinidin: 17.67mg, Delphinidin: 17.67mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 52.85kcal (2.64%), Fat: 4.61g (7.09%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 196.16mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 10.46mg (12.68%), Vitamin K: 10.44µg (9.95%), Vitamin E: 1.07mg (7.13%), Vitamin A: 348.2IU (6.96%), Manganese: 0.13mg (6.45%), Fiber: 1.4g (5.59%), Iron: 0.65mg (3.59%), Vitamin B6: 0.06mg (3.17%), Folate: 12.66µg (3.16%), Potassium: 90.5mg (2.59%), Calcium: 22.22mg (2.22%), Magnesium: 7.93mg (1.98%), Vitamin B3: 0.3mg (1.49%), Copper: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.25%), Phosphorus: 11.59mg (1.16%), Vitamin B5: 0.1mg (1.04%)