



Hazelnut Dukka



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 6 tablespoons coriander seeds
- ☐ 1 tablespoon thyme leaves dried
- ☐ 0.5 cup hazelnuts
- ☐ 0.5 cup roasted pistachios salted
- ☐ 30 servings salt and pepper freshly ground
- ☐ 0.3 cup sesame seed
- ☐ 3 tablespoons cumin seeds whole

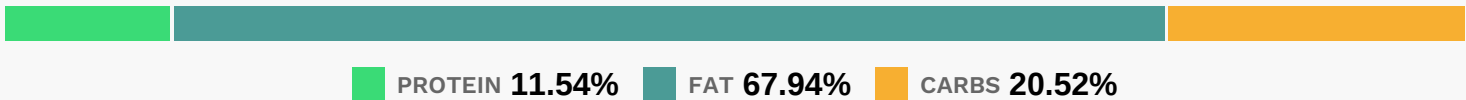
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the hazelnuts in a pie plate and toast for 12 minutes, until fragrant and the skins blister.
- ☐ Transfer the hazelnuts to a kitchen towel and let cool. Rub the nuts together to remove the skins and transfer to a food processor.
- ☐ In a medium skillet, toast the coriander and cumin seeds over moderate heat, shaking the pan, until golden and fragrant, about 3 minutes.
- ☐ Spread the spices out on a plate and let cool completely, then finely grind in a spice grinder. In the same skillet, toast the sesame seeds over moderate heat until golden, 2 to 3 minutes.
- ☐ Transfer the sesame seeds to the plate to cool.
- ☐ Add the coriander, cumin, sesame seeds and thyme to the food processor along with the pistachios, cayenne and 1 teaspoon each of salt and pepper and pulse until finely ground.
- ☐ Transfer the dukka to a bowl.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.5795652296232%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 36.89kcal (1.84%), Fat: 3.09g (4.76%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.27g (0.29%), Cholesterol: 0mg (0%), Sodium: 195.38mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Manganese: 0.23mg (11.46%), Copper: 0.13mg (6.42%), Iron: 1.09mg (6.03%), Fiber: 1.09g (4.35%), Magnesium: 15.95mg (3.99%), Calcium: 31.96mg (3.2%), Vitamin B1: 0.05mg (3.17%), Phosphorus: 31.11mg (3.11%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.39mg (2.57%), Vitamin K: 2.62µg (2.49%), Potassium: 65.32mg (1.87%), Zinc: 0.28mg (1.84%), Selenium: 0.92µg (1.32%), Folate: 4.96µg (1.24%)