



Homemade Lavash Crackers with Shallot Cream Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups yukon gold potatoes
- 1 teaspoon salt
- 0.5 teaspoon granulated sugar
- 0.7 cup water
- 1 eggs
- 2 tablespoons butter melted
- 0.3 cup olive oil

- 1 serving sea salt
- 1 serving bell pepper
- 0.5 tablespoon olive oil
- 0.5 cup shallots chopped
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 16 oz cream cheese
- 0.3 cup mayonnaise
- 1 tablespoon spring onion chopped
- 1 teaspoon sea salt

Equipment

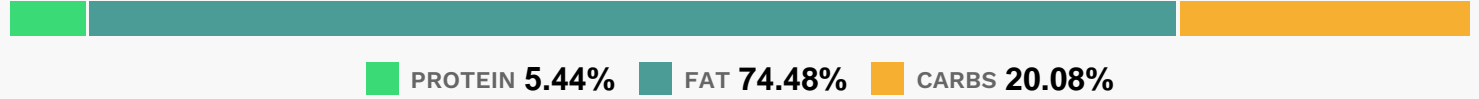
- bowl
- frying pan
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 400°F. To make crackers, stir together flour, salt and granulated sugar.
- Add water, egg and melted butter.
- Mix well to make stiff dough. Knead about 5 minutes or until smooth.
- Divide into 10 balls; roll each until paper thin.
- Place on ungreased cookie sheet.
- Brush with 1/3 cup oil; sprinkle with coarse sea salt and pepper.
- Bake 12 to 15 minutes or until browned.
- For the dip, in 8-inch skillet, heat 1/2 tablespoon oil until hot; add shallots. Cook until caramelized and brown in color.
- Add brown sugar and honey. Continue cooking until sugar has dissolved. Refrigerate.

- In large bowl, beat cream cheese with electric mixer on high speed until light and fluffy.
- Add shallot mixture and remaining dip ingredients on low speed until well mixed.
- Serve dip with crackers.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:4.94, Inflammation Score:-4, Nutrition Score:4.1478261105392%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 180.47kcal (9.02%), Fat: 15.24g (23.44%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.32g (3.02%), Sugar: 3.28g (3.65%), Cholesterol: 35.28mg (11.76%), Sodium: 346.72mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 11.13mg (13.49%), Vitamin A: 473.72IU (9.47%), Vitamin K: 8.94µg (8.51%), Vitamin B6: 0.14mg (6.79%), Vitamin E: 0.98mg (6.51%), Potassium: 188.25mg (5.38%), Phosphorus: 51.1mg (5.11%), Vitamin B2: 0.08mg (4.57%), Selenium: 2.89µg (4.12%), Fiber: 0.93g (3.71%), Manganese: 0.07mg (3.62%), Calcium: 30.99mg (3.1%), Folate: 11.93µg (2.98%), Vitamin B5: 0.29mg (2.88%), Magnesium: 11.07mg (2.77%), Vitamin B1: 0.04mg (2.39%), Iron: 0.42mg (2.36%), Copper: 0.05mg (2.32%), Vitamin B3: 0.39mg (1.93%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.08µg (1.25%)